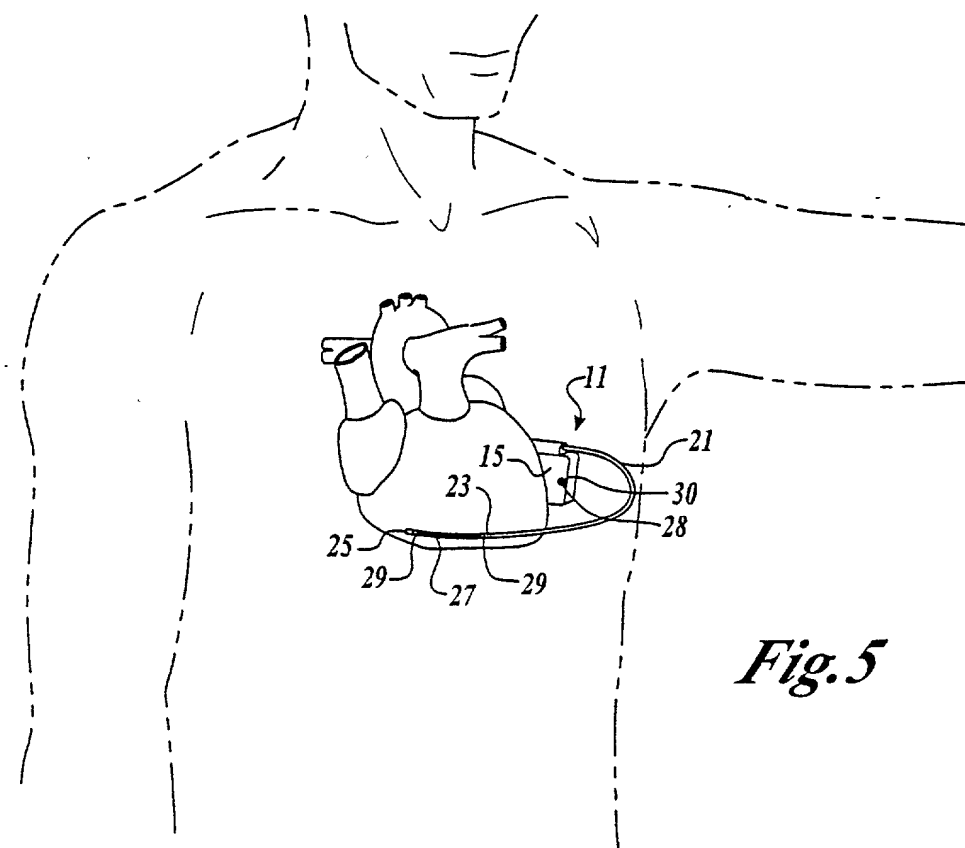
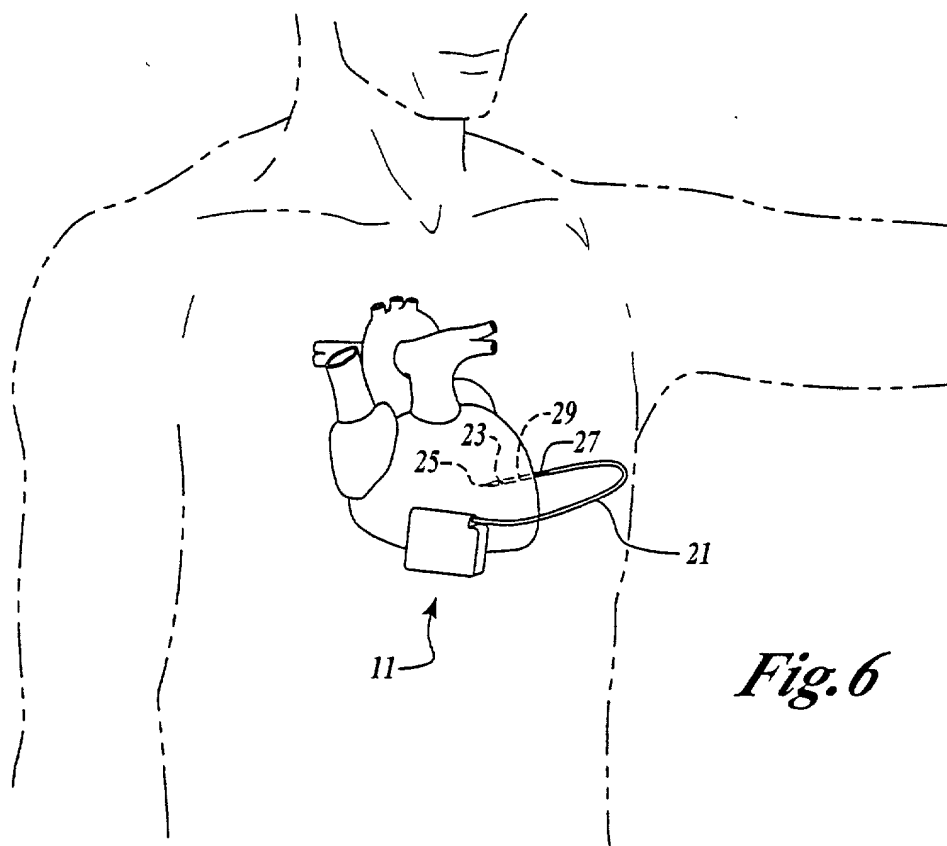


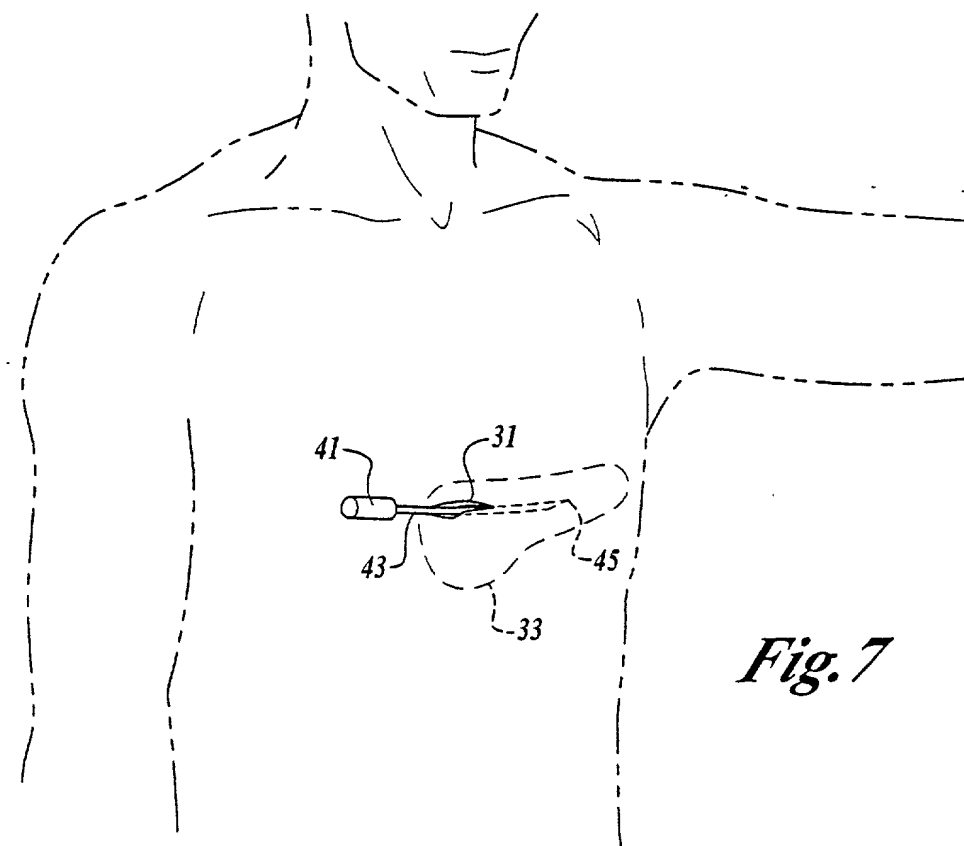
*Fig. 4*



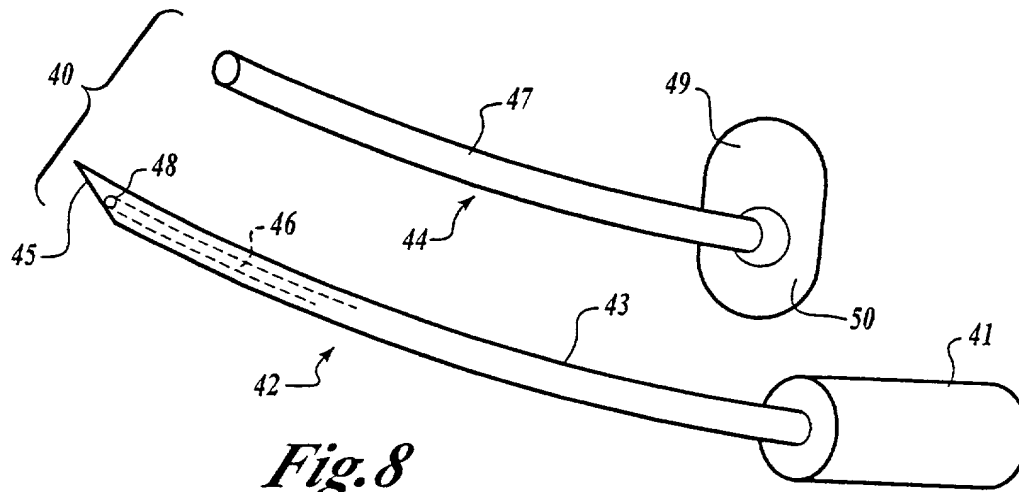
*Fig. 5*



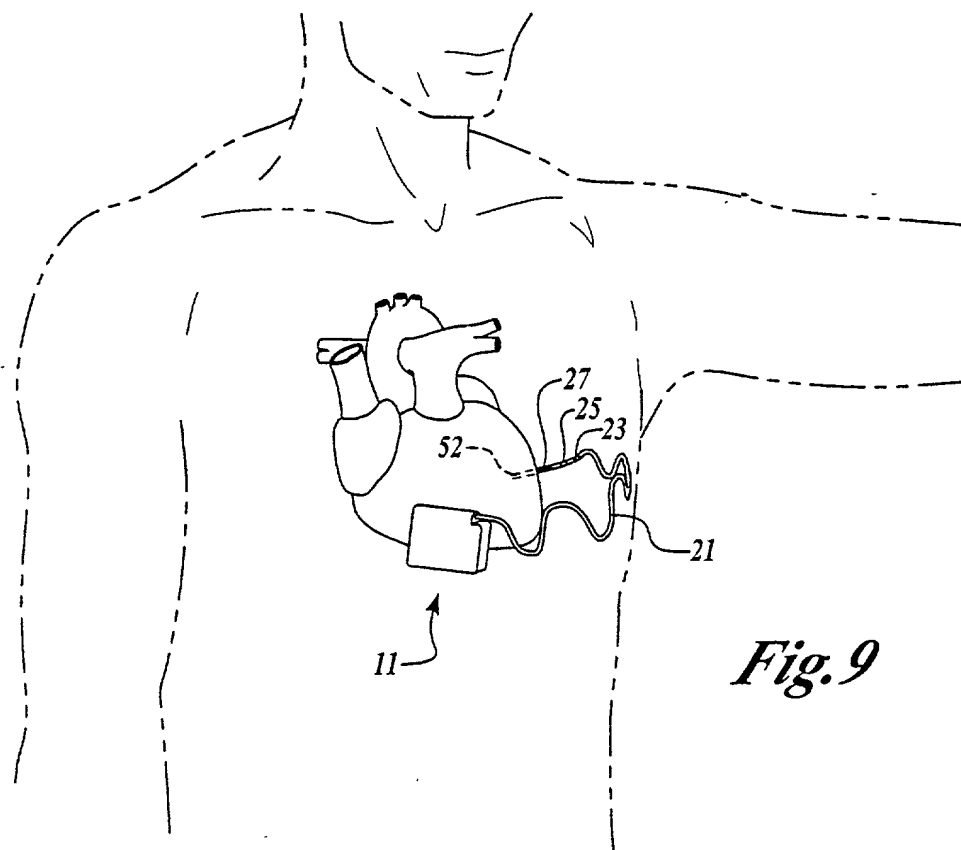
*Fig. 6*



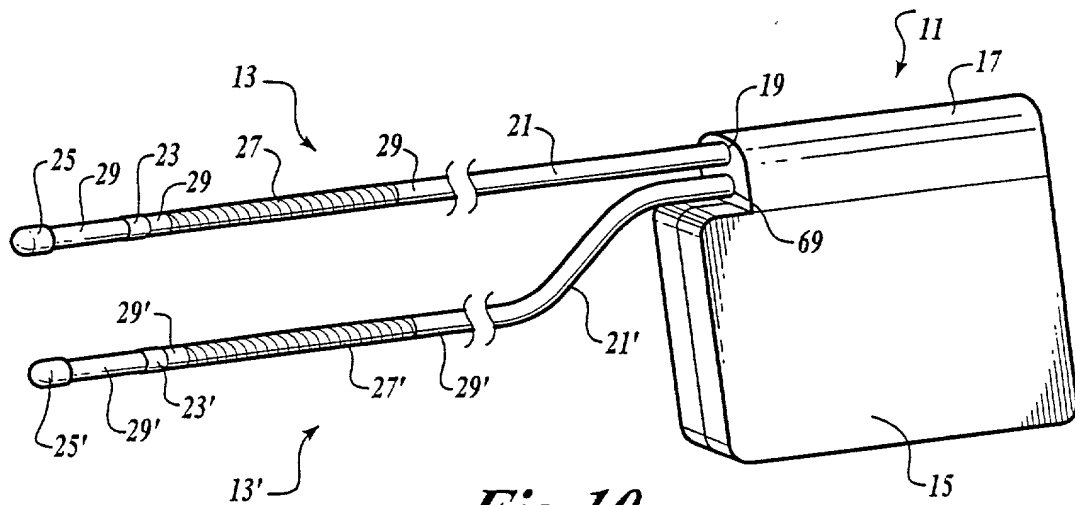
*Fig. 7*



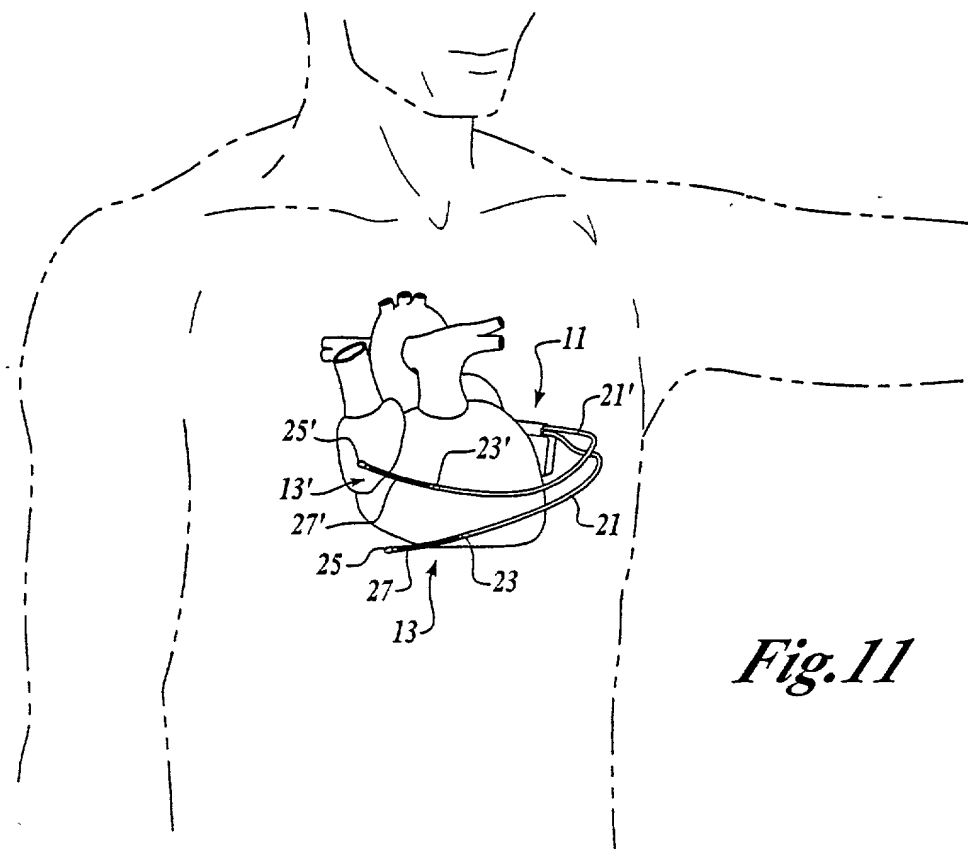
*Fig. 8*



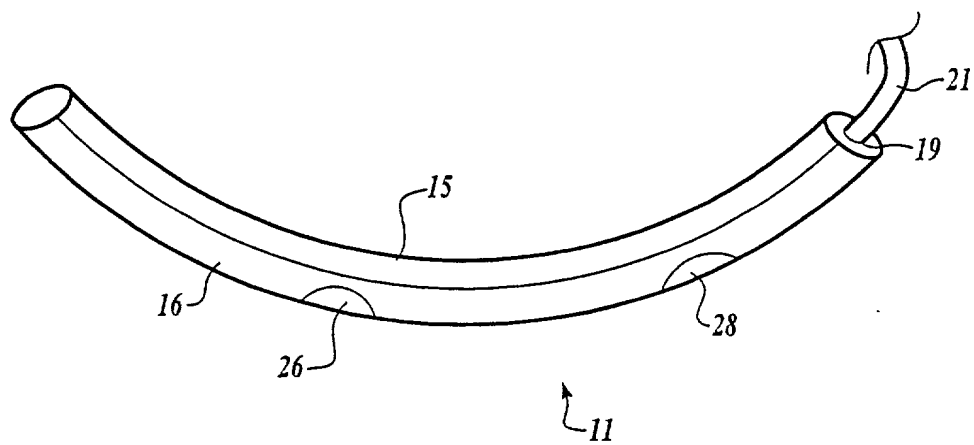
*Fig. 9*



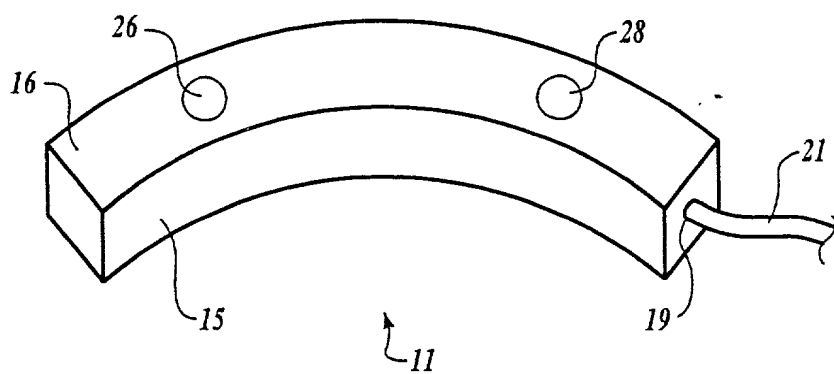
*Fig. 10*



*Fig. 11*



*Fig. 12*



*Fig. 13*

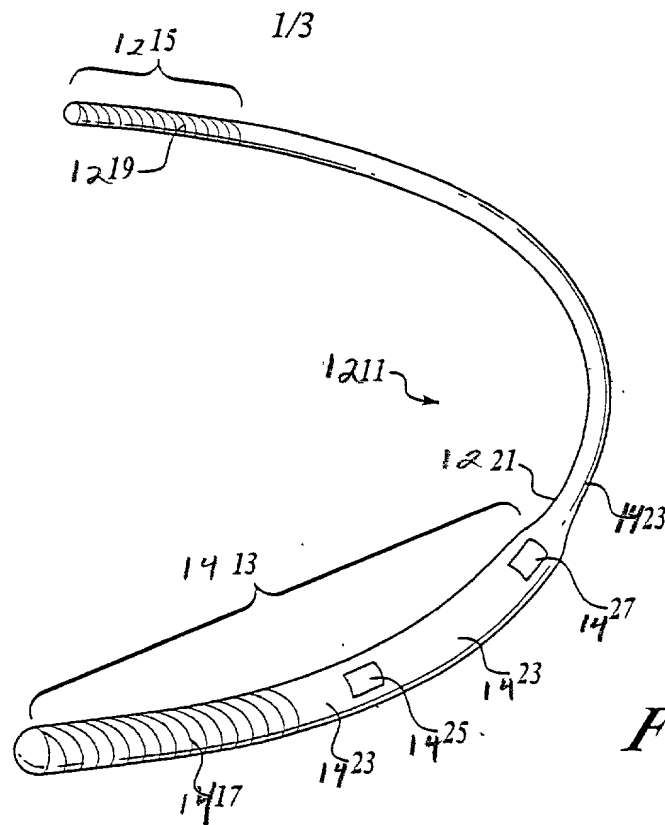


Fig. 14

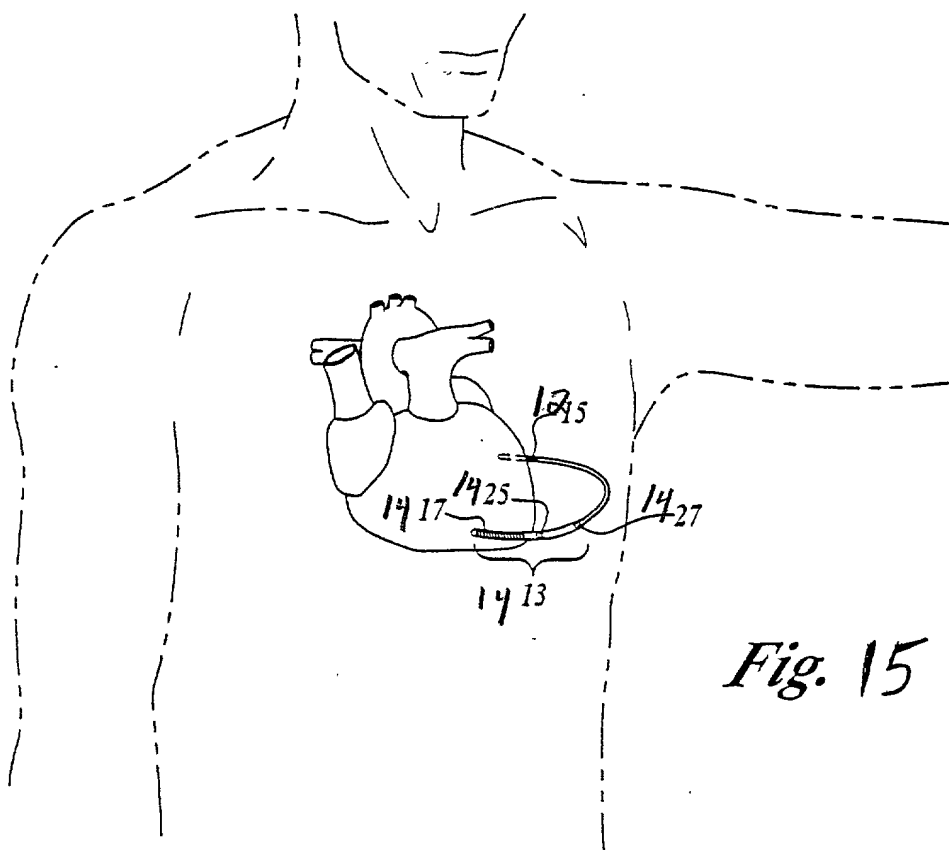
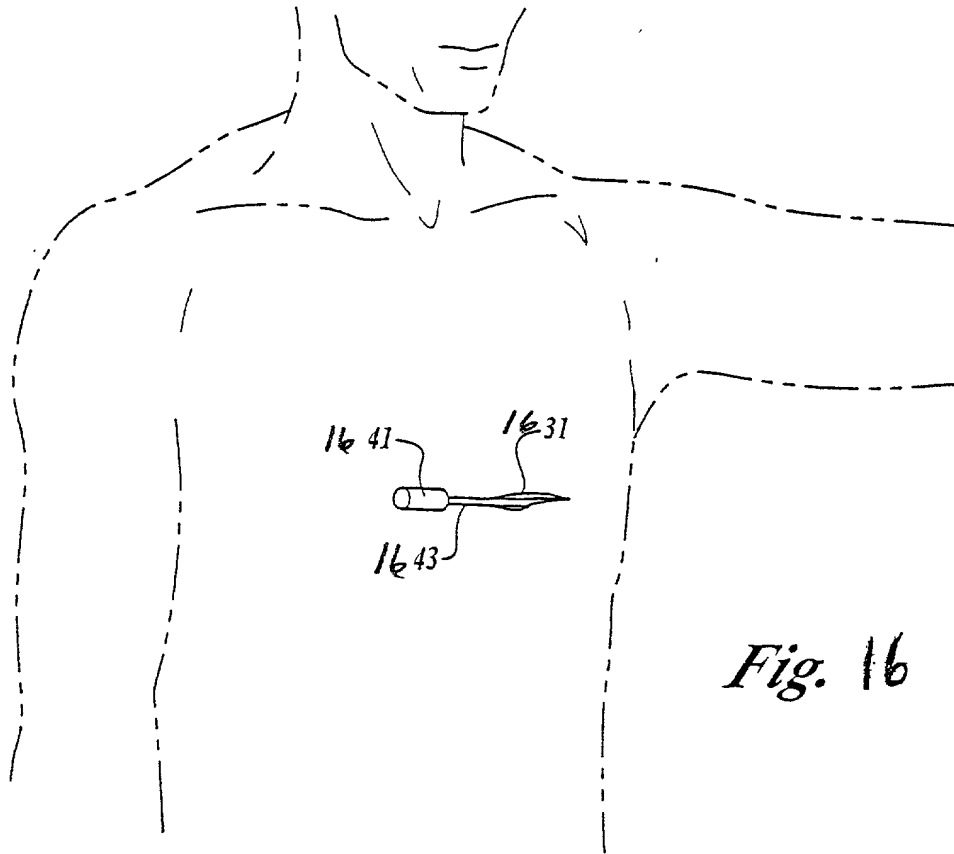
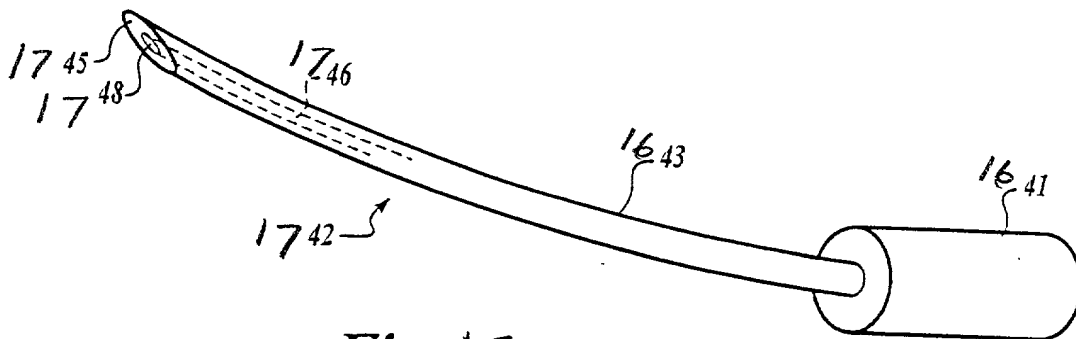


Fig. 15



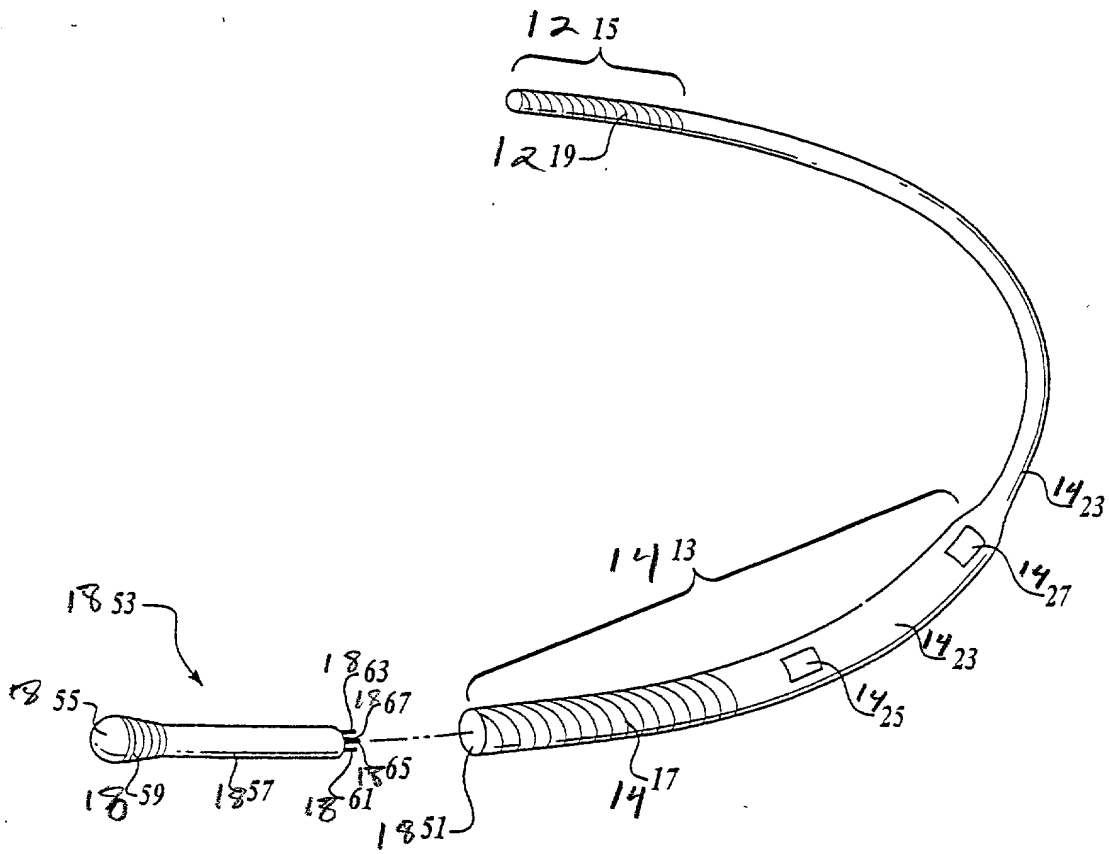
*Fig. 16*



*Fig. 17*

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*Fig. 18*



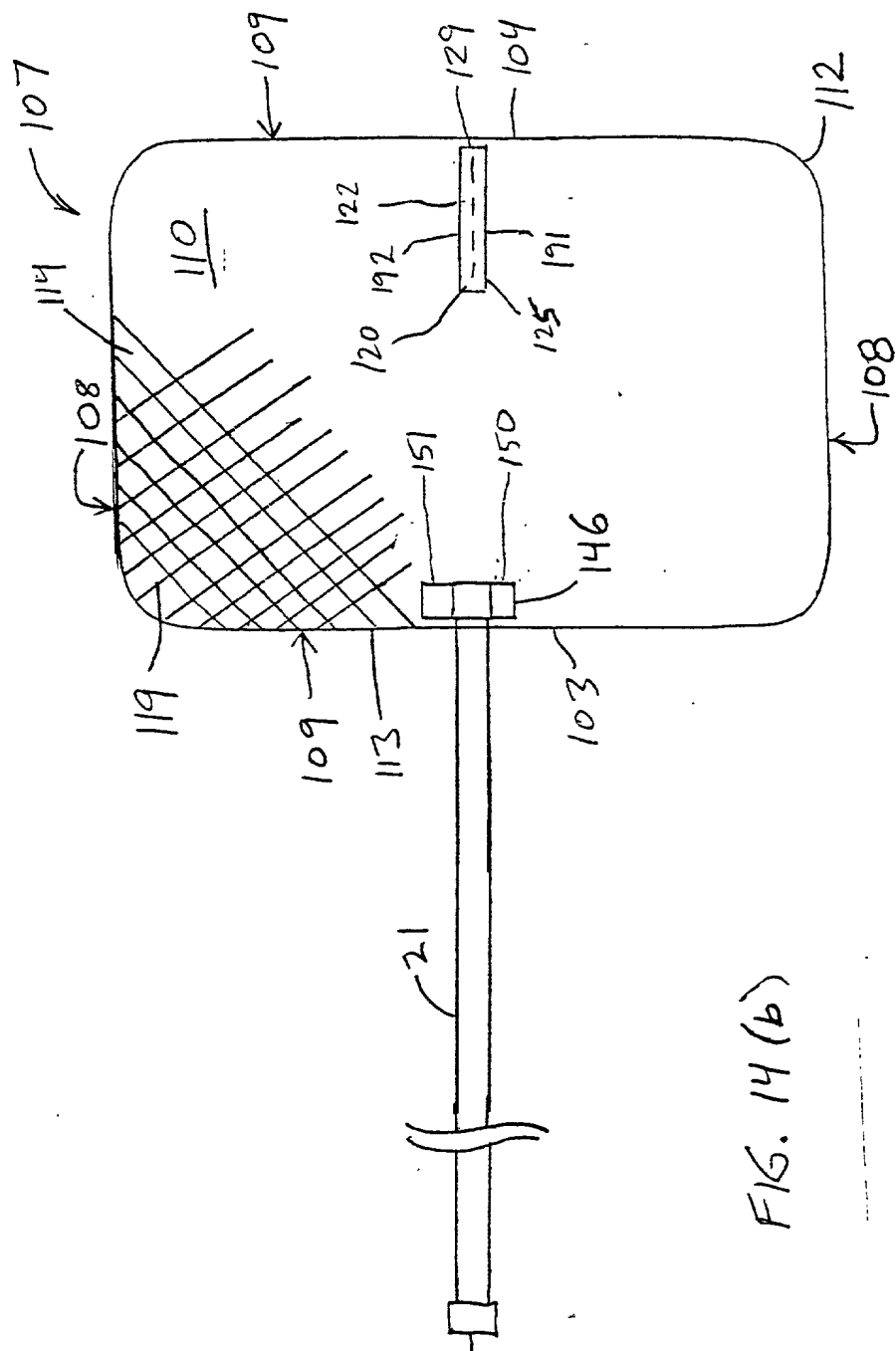


FIG. 14(b)

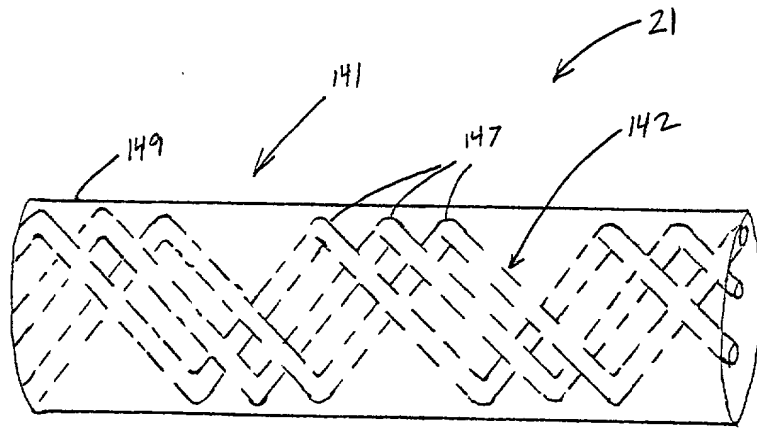


Fig.14(c)

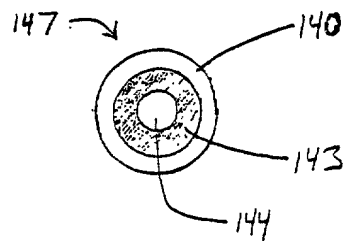


Fig.14(d)

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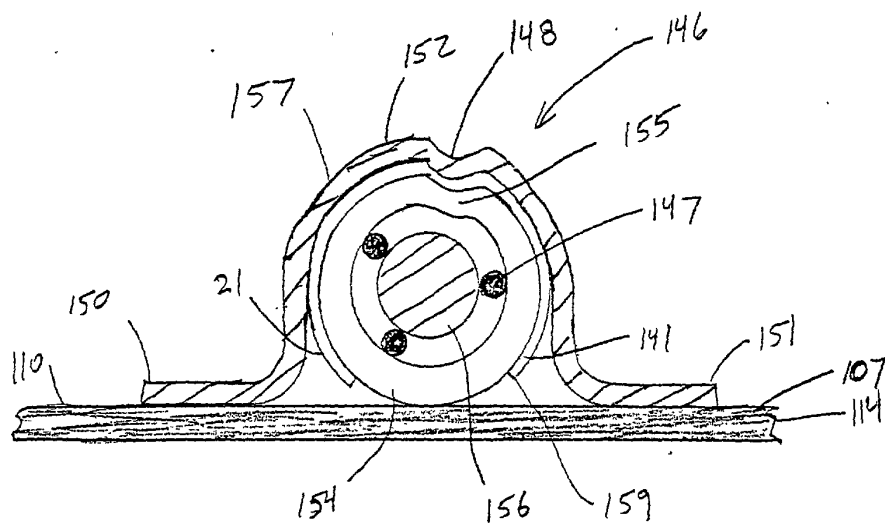


FIG. 14(e)

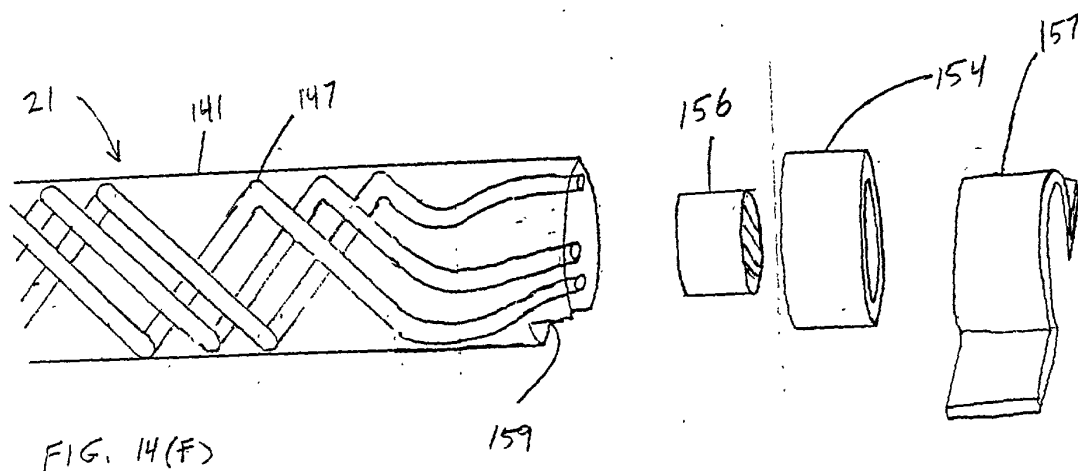


FIG. 14(f)

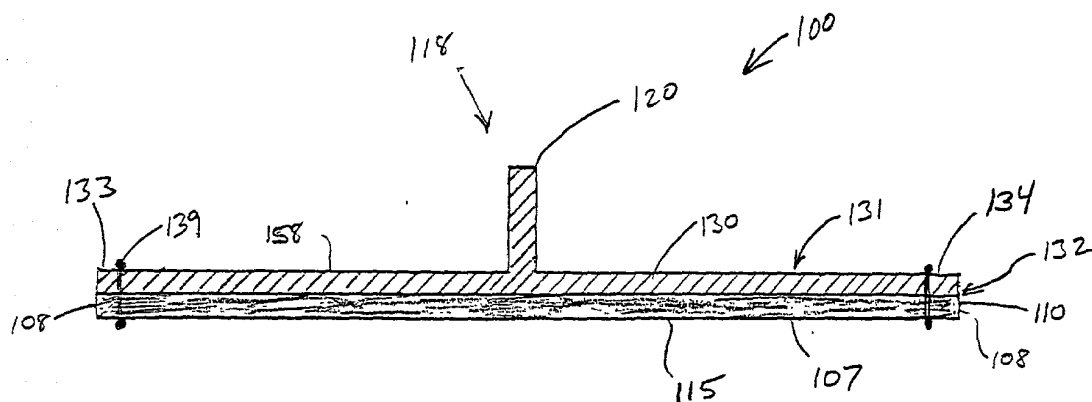


Fig.15(a)

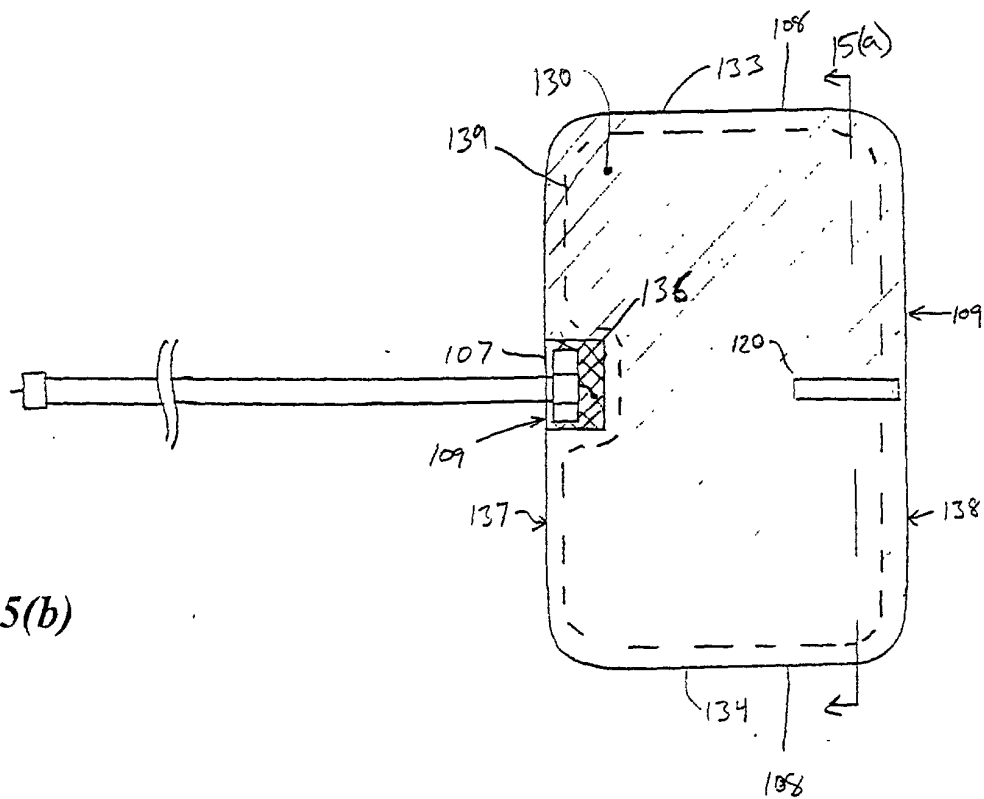


Fig.15(b)



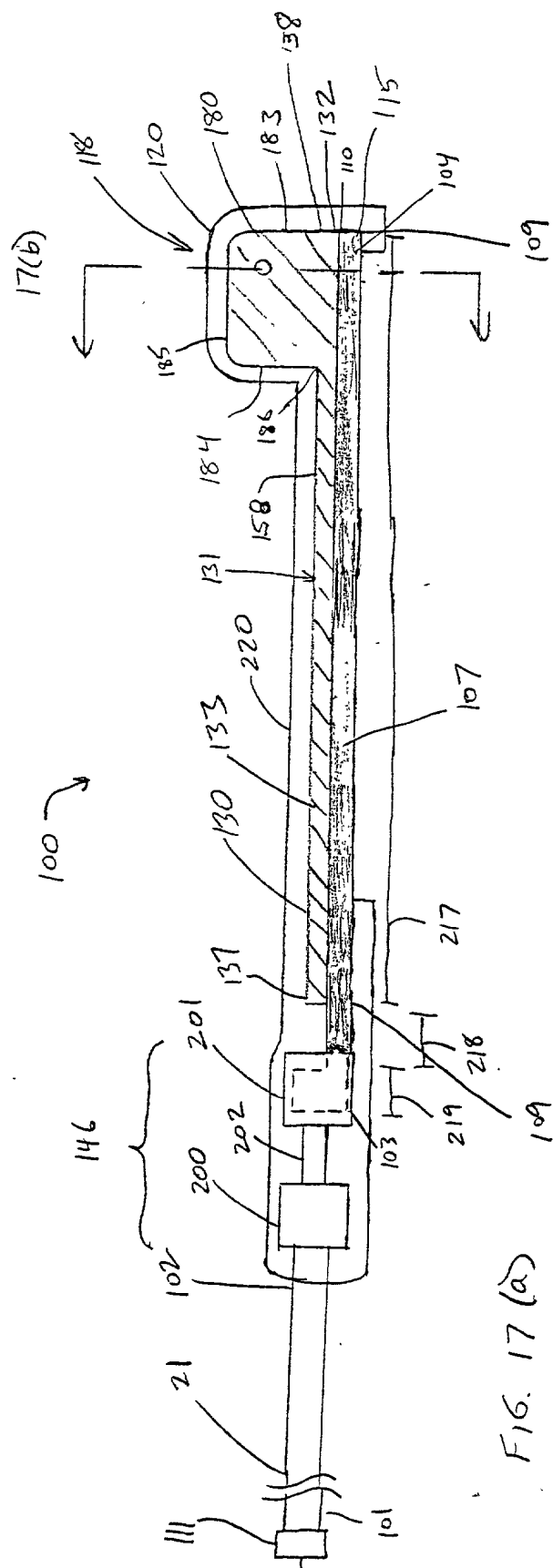


FIG. 17 (a)



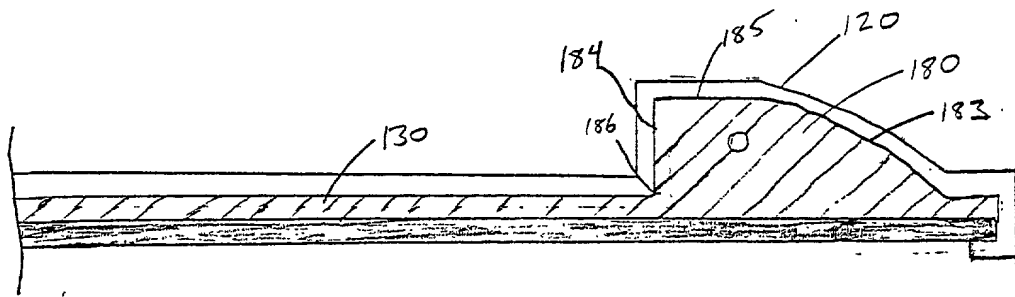


FIG. 17(b)

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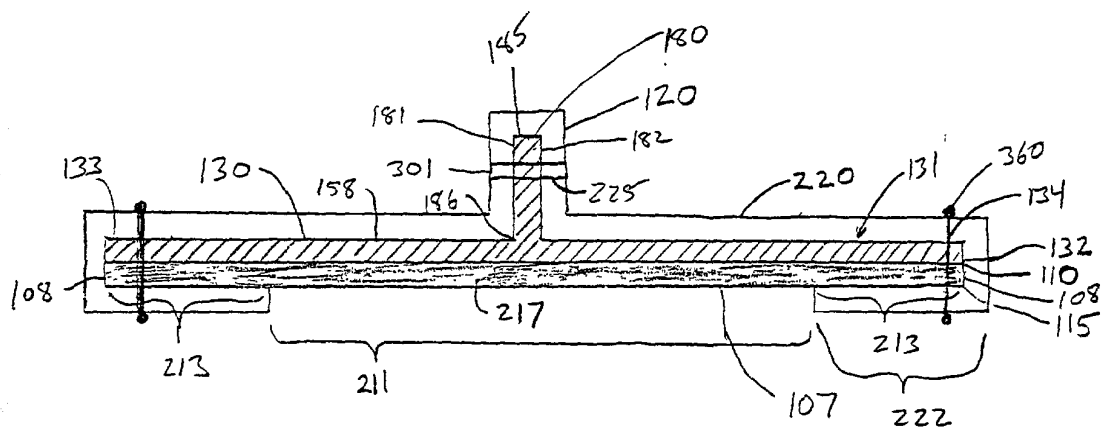
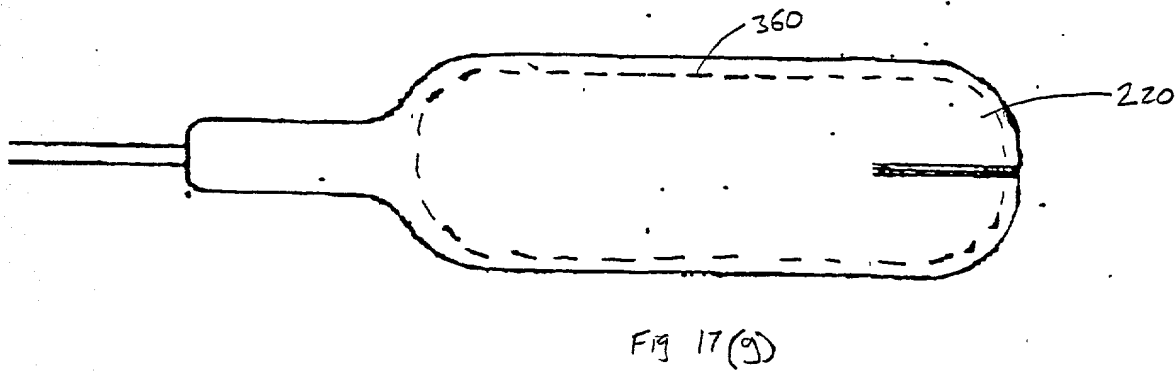
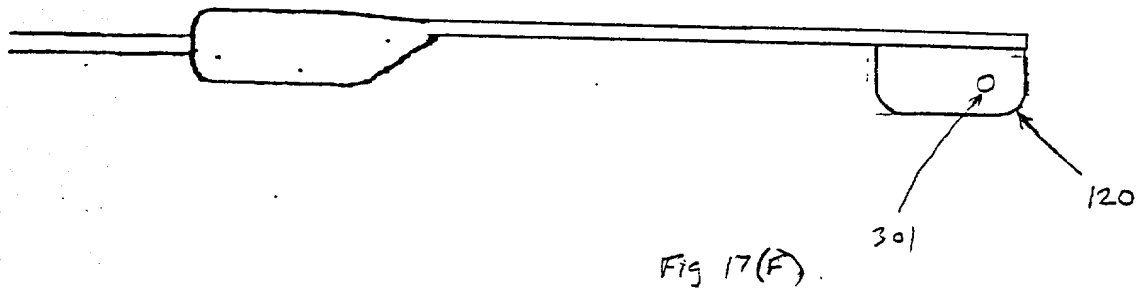
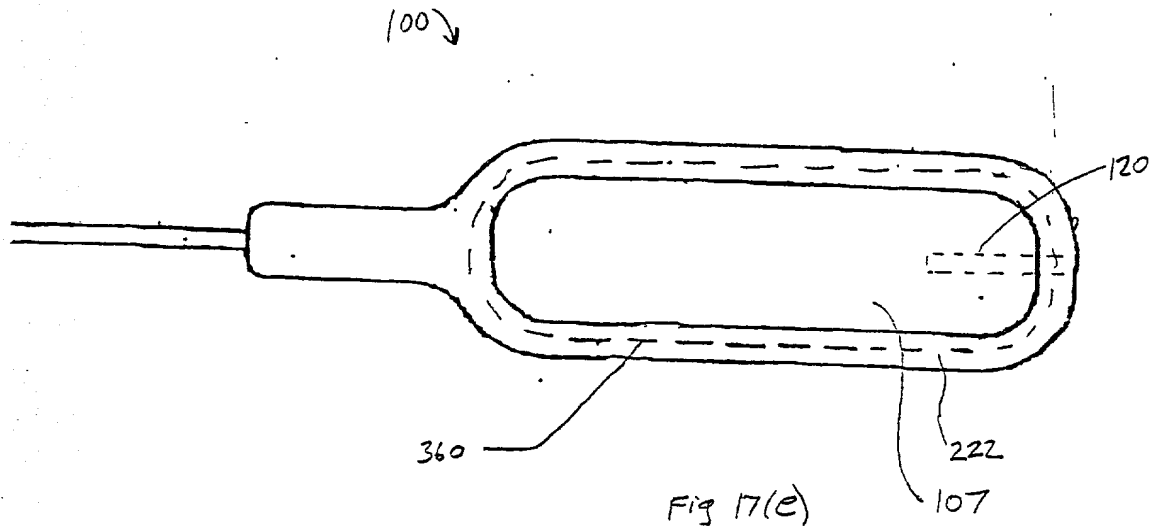


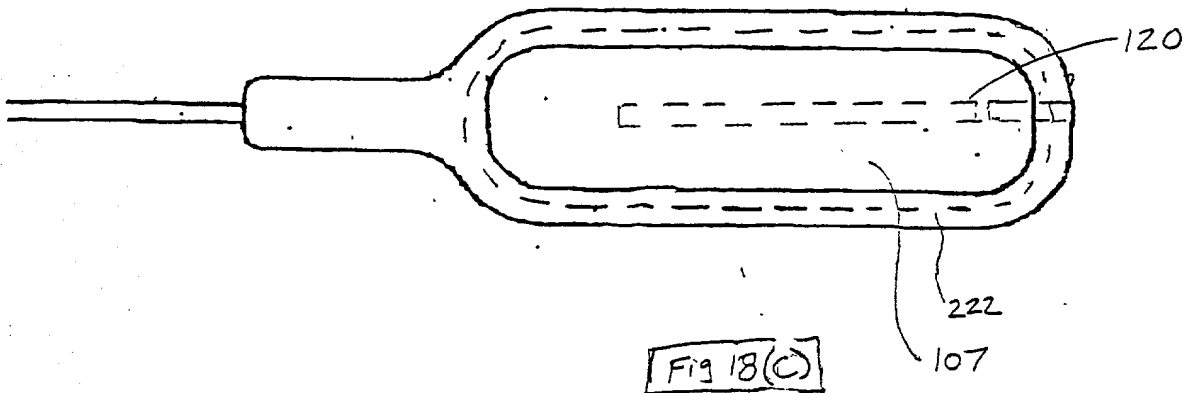
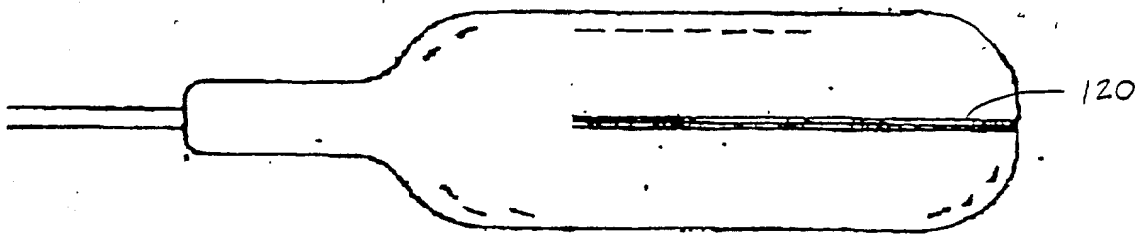
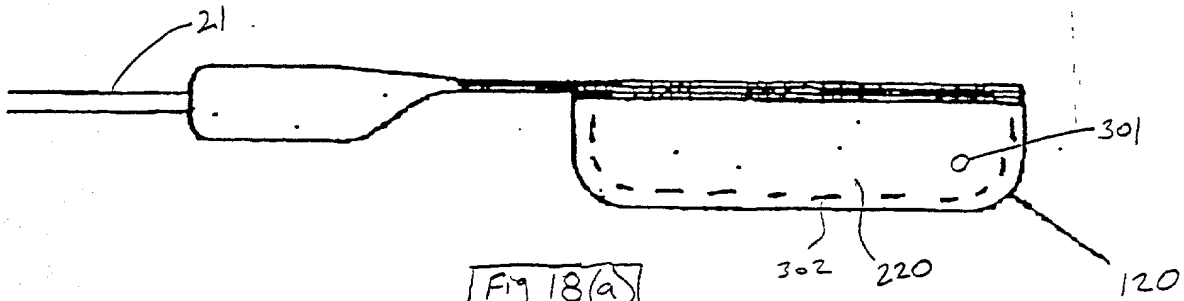
FIG. 17(c)



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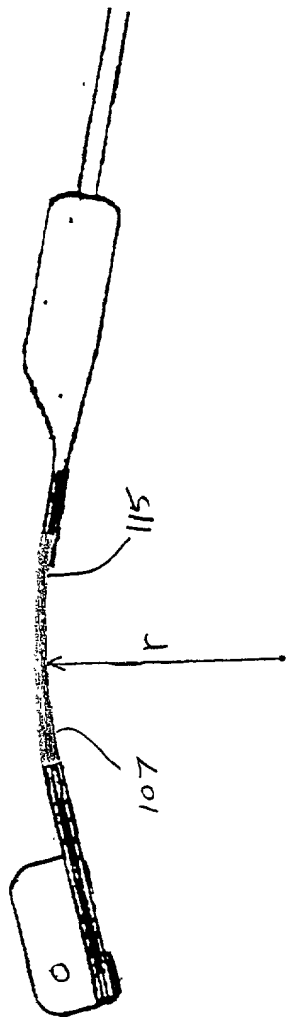


Fig. 19

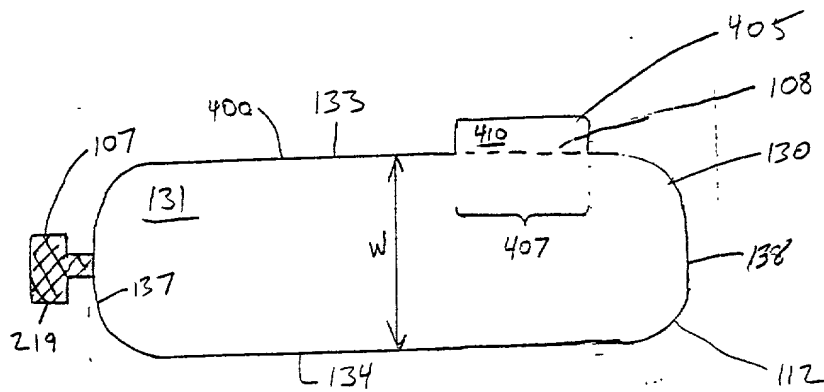


FIG. 20 (a)

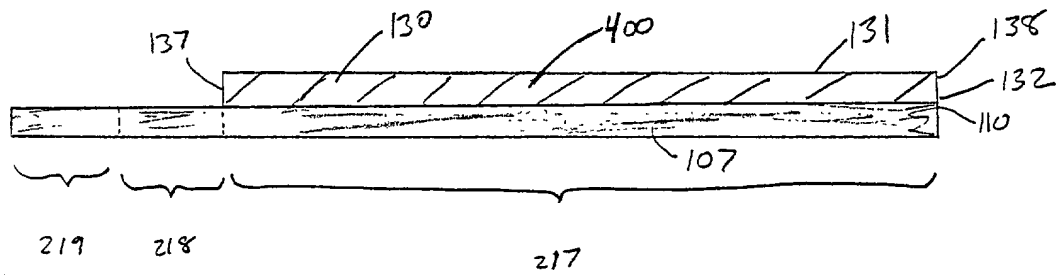
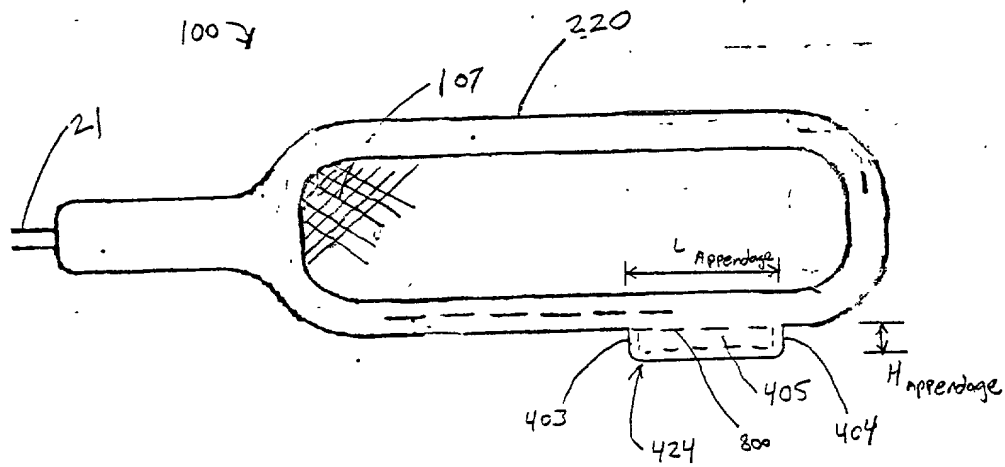


FIG. 20 (b)

FIG. 20(C)





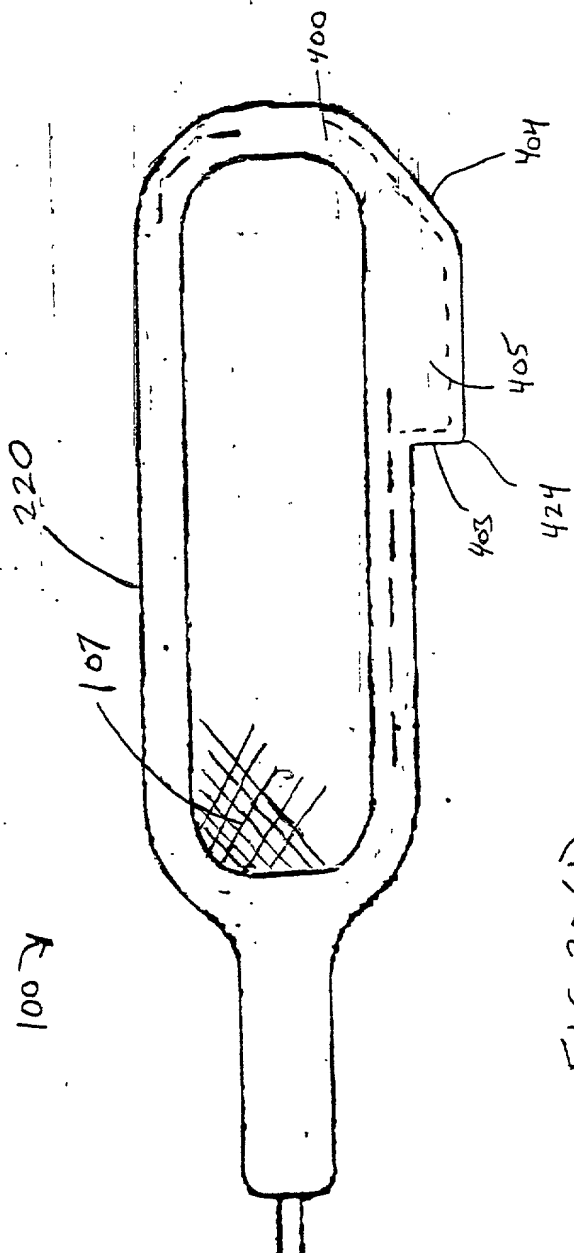


FIG 20(d)

FIG. 21(b)

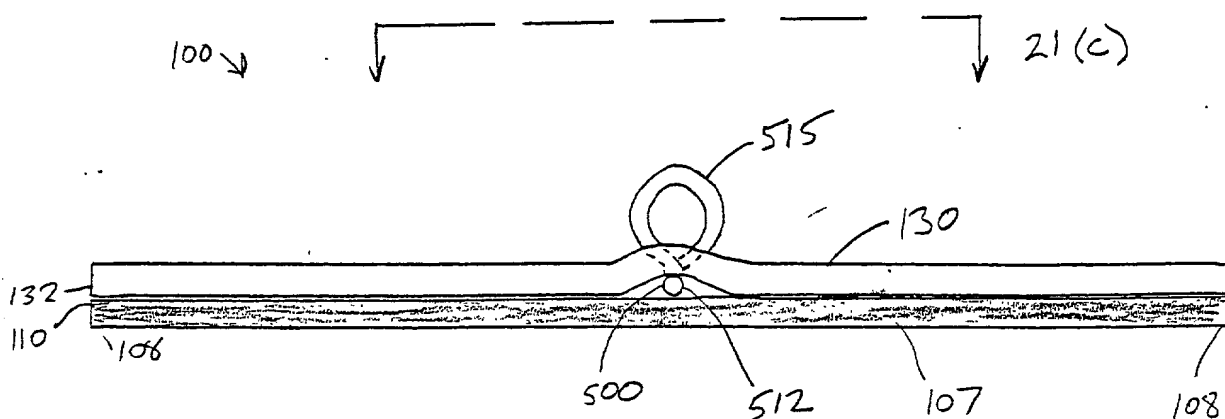
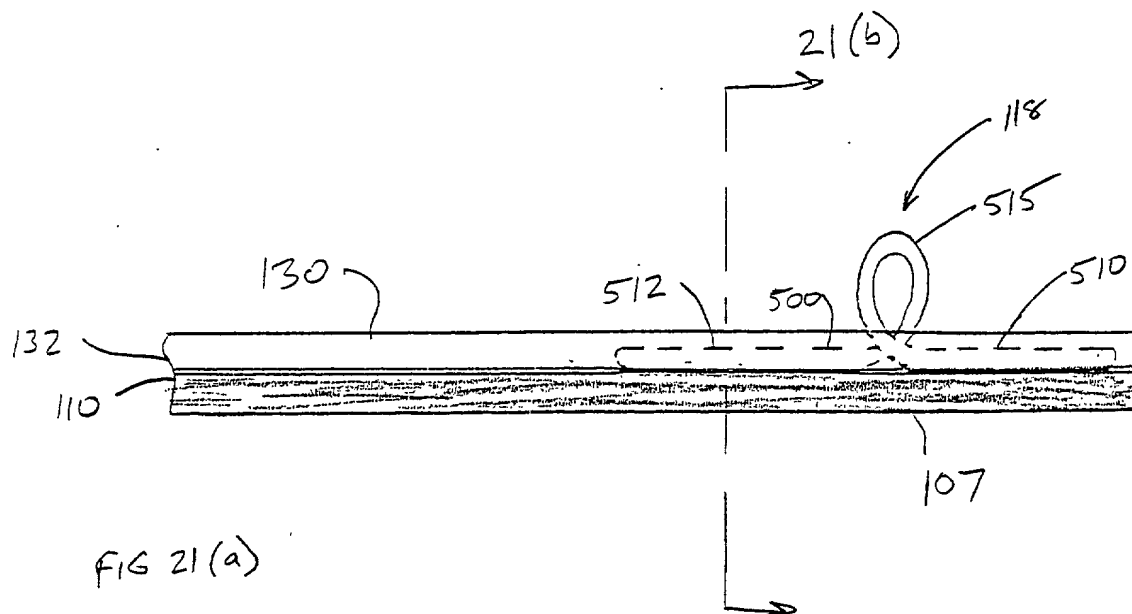


Fig.21(b)

FIG. 21 (c)

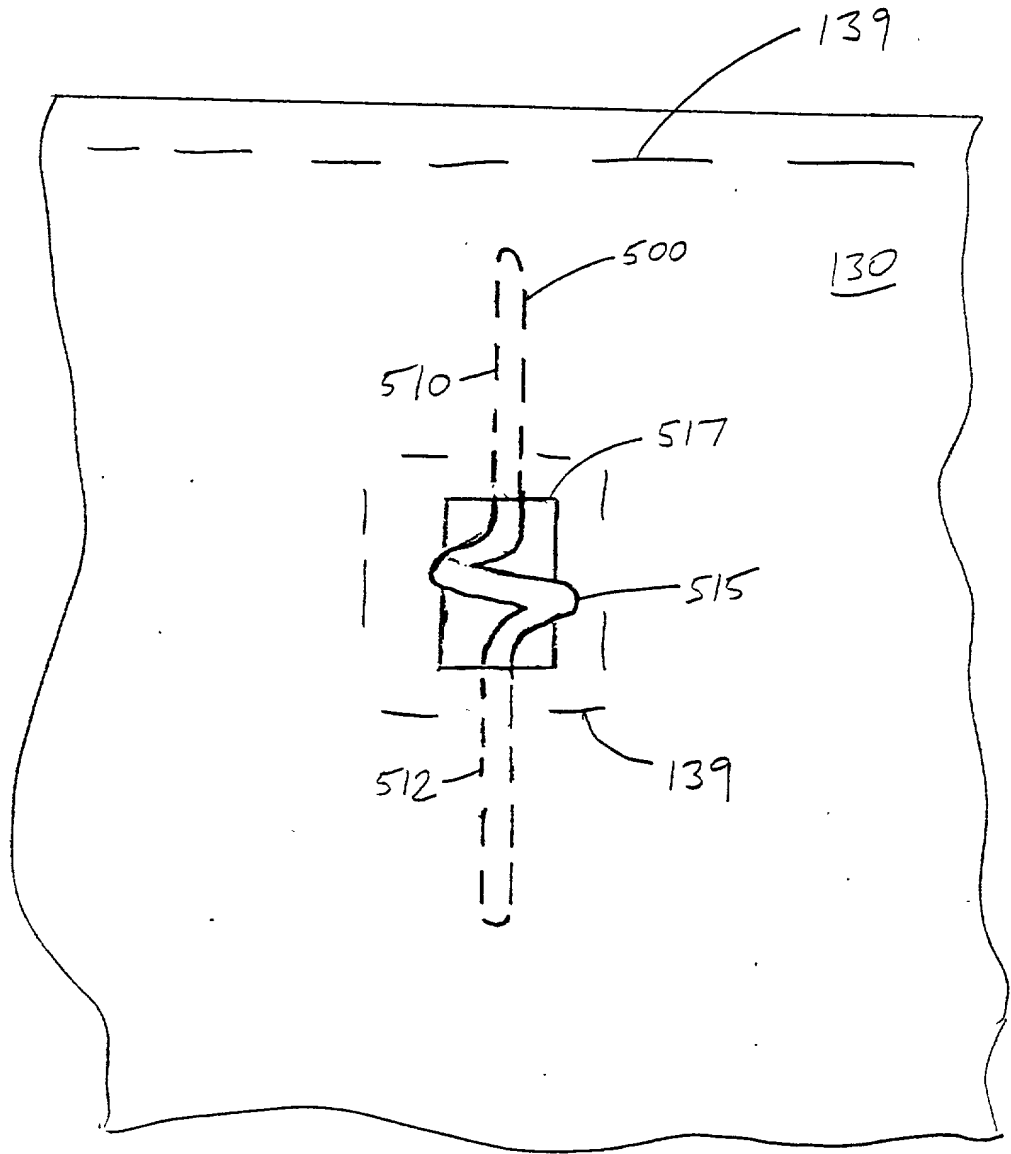


Fig 21 (c)

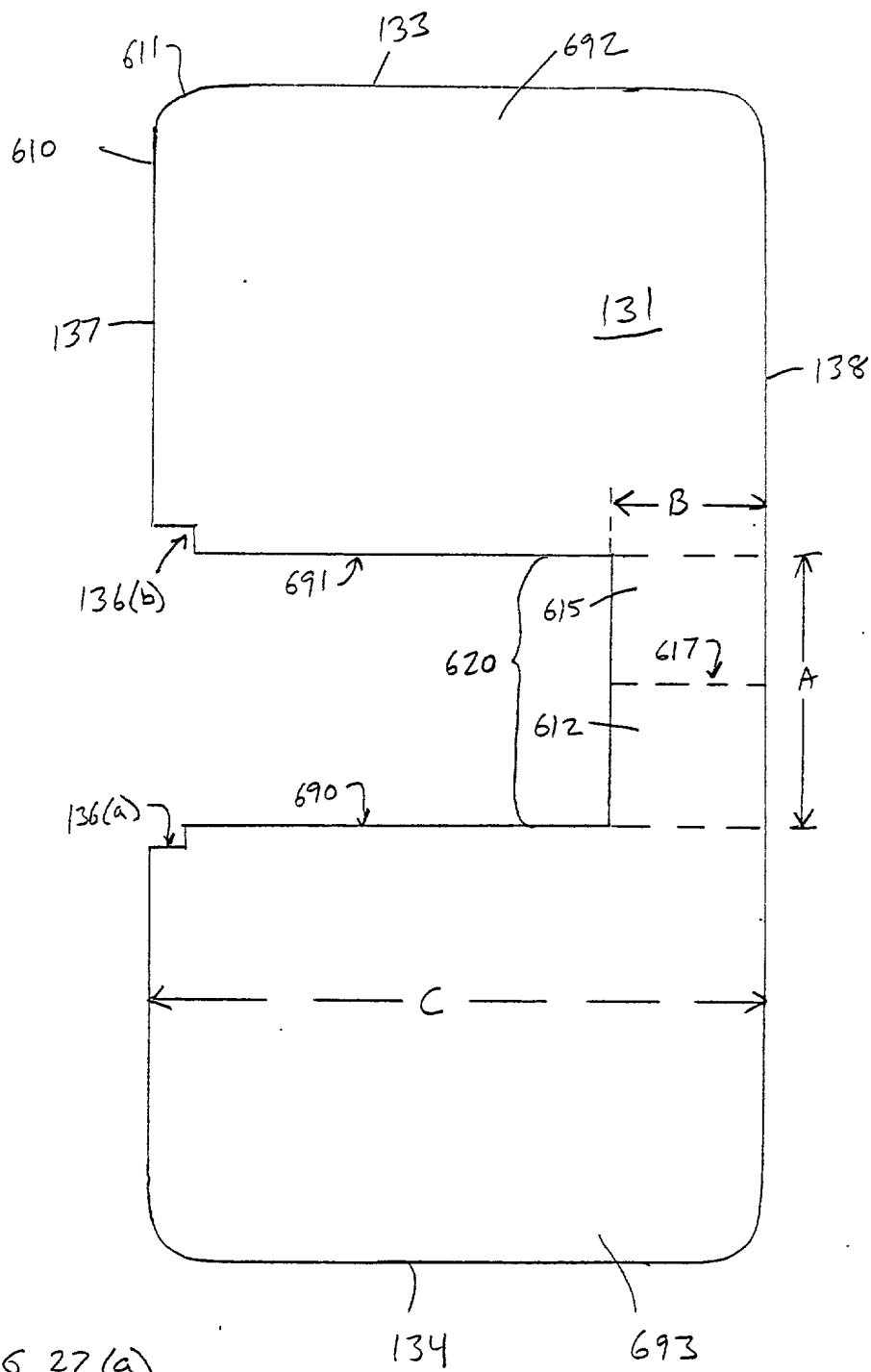


FIG 22(a)

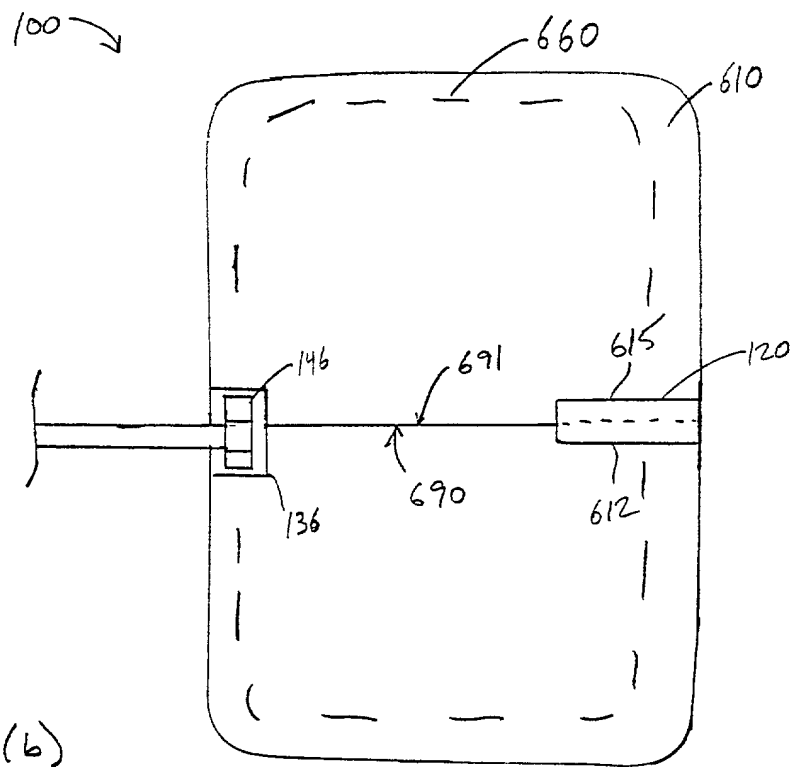


FIG. 22(b)

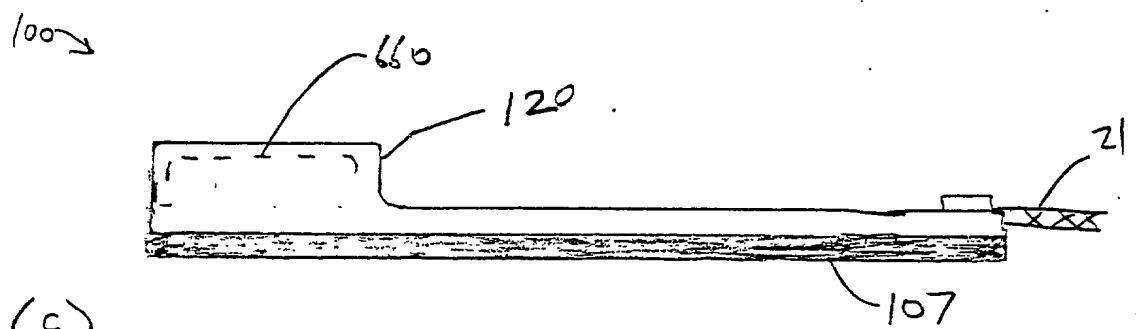


FIG 22(c)

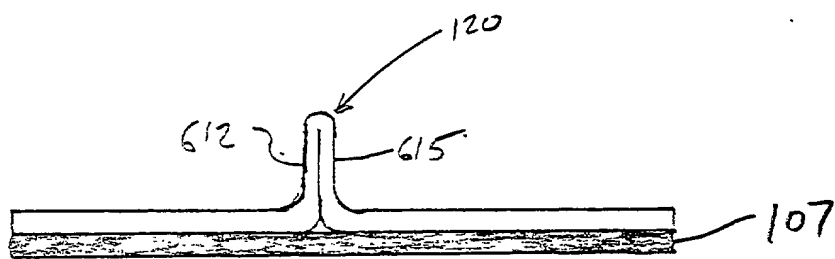


FIG 22 (d)

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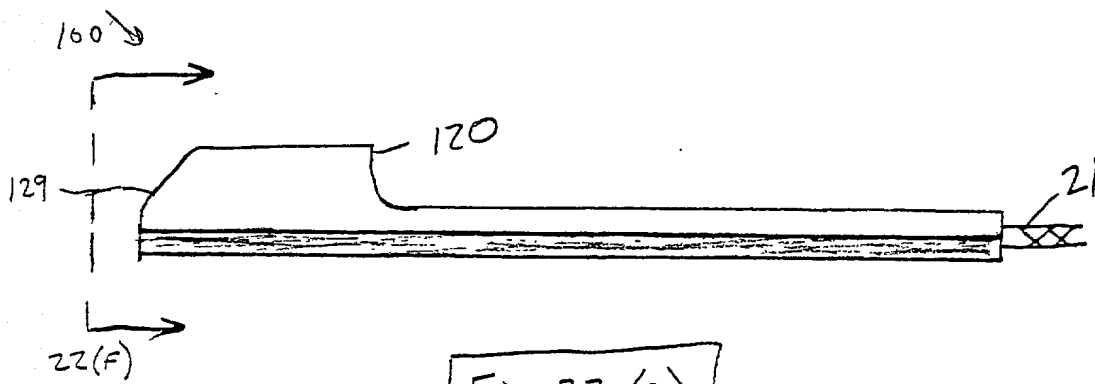


Fig. 22 (e)

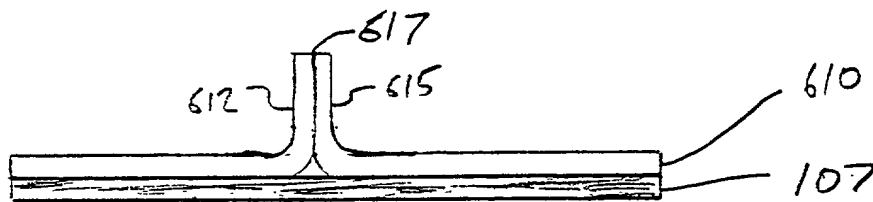


Fig. 22 (F)

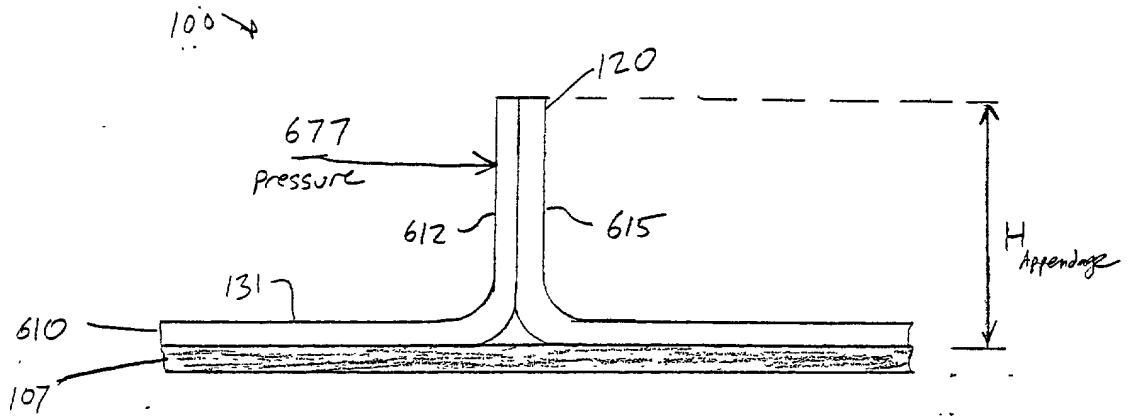


FIG. 23(a)

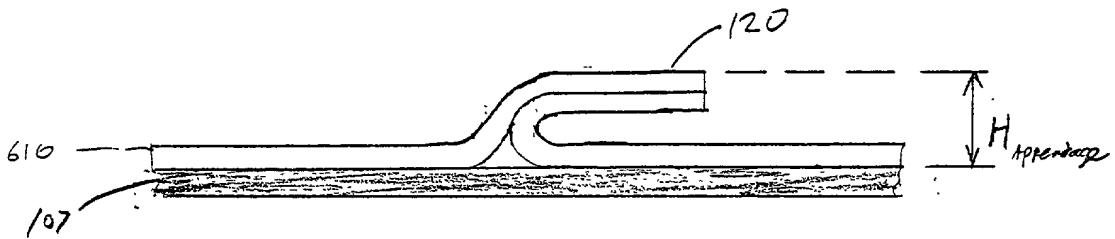


FIG. 23(b)

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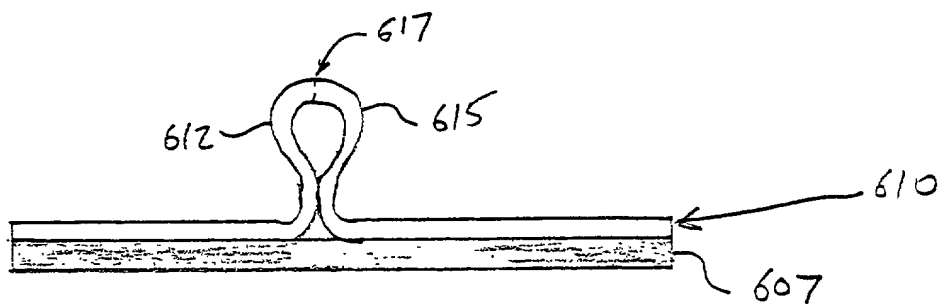


Fig. 24 (a)

0940237.082704  
10/28/2006

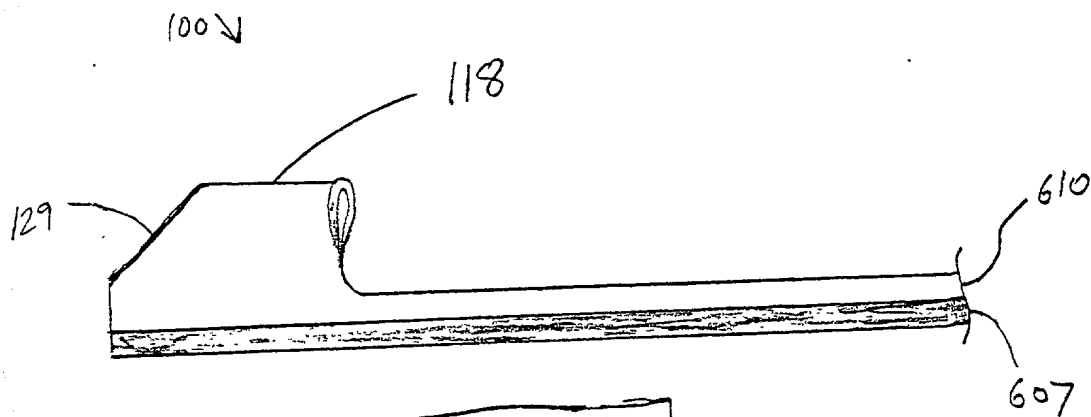


Fig 24 (6)

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10/28/2018 10:46:00

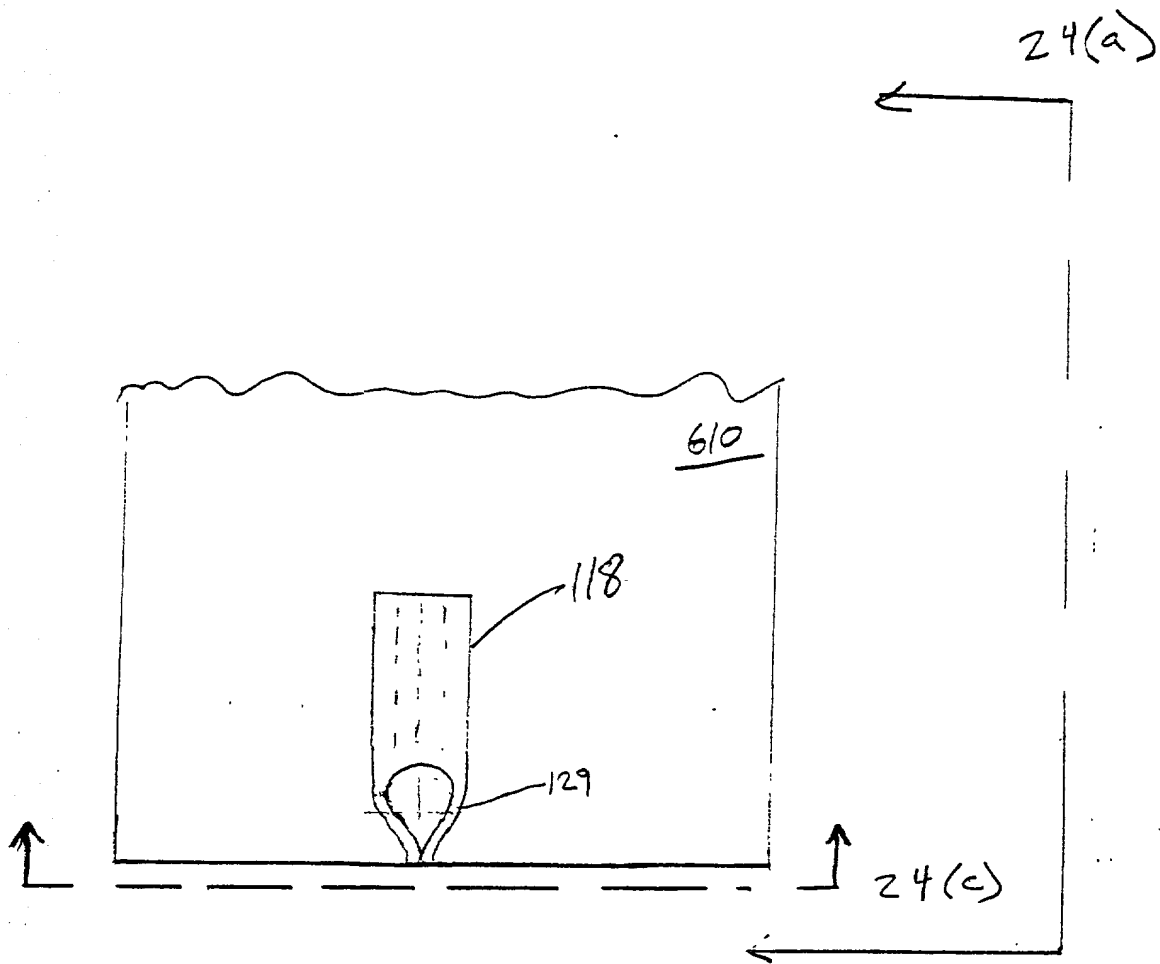


FIG. 24(c)

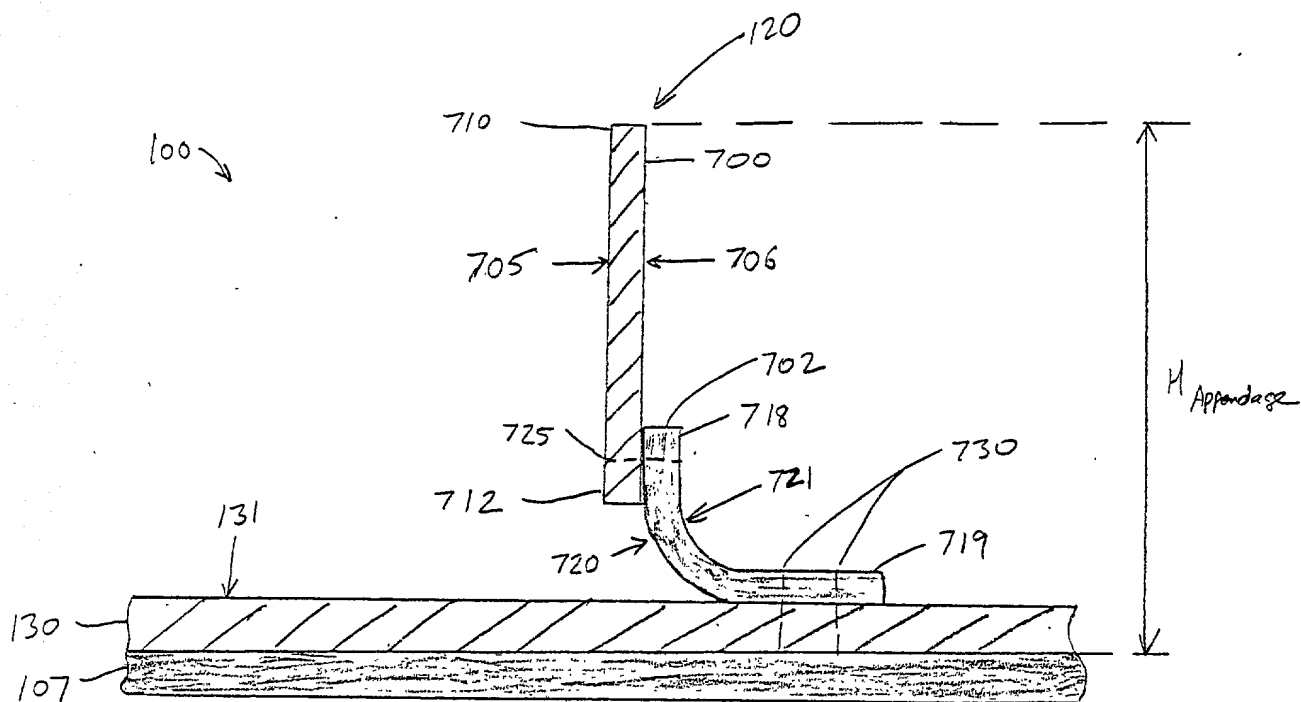


FIG. 25(a)

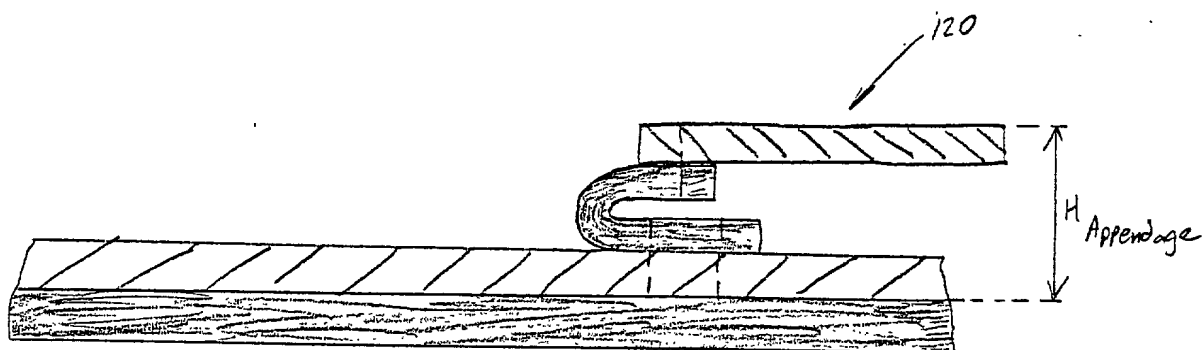


FIG. 25(b)

FIG. 25(c)

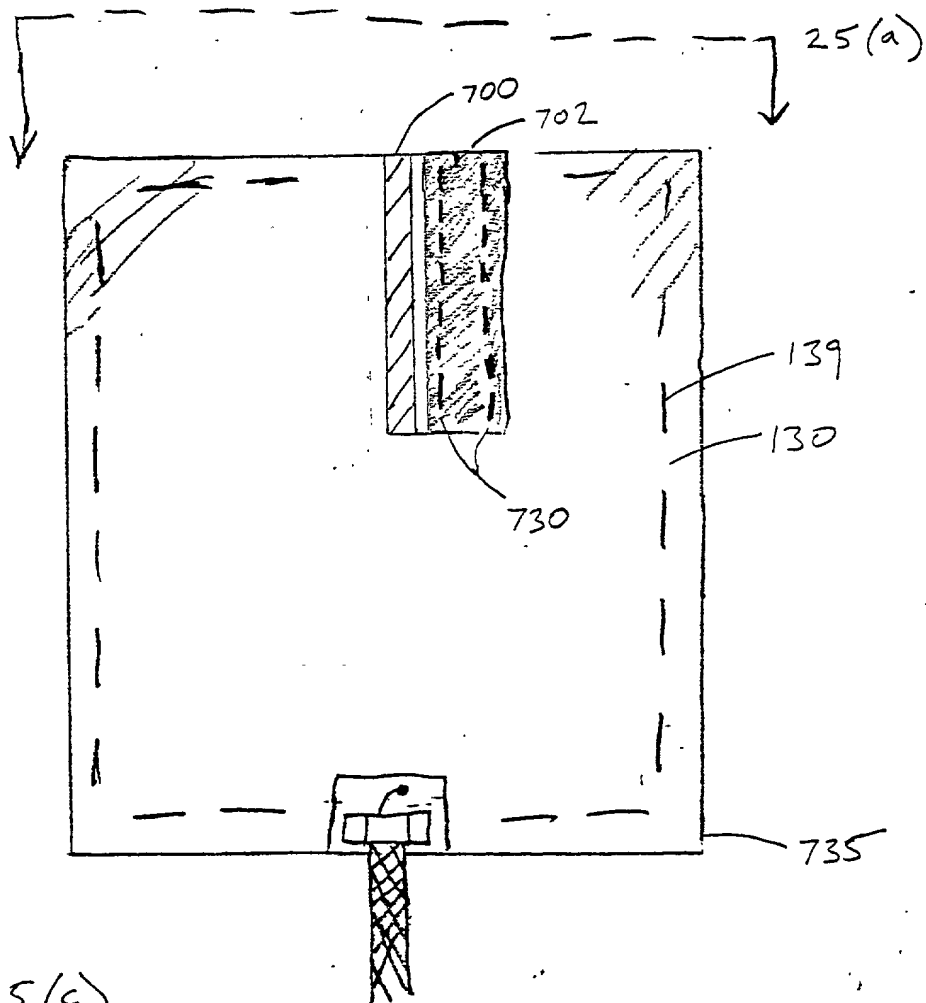


FIG. 25(c)

FIG. 26

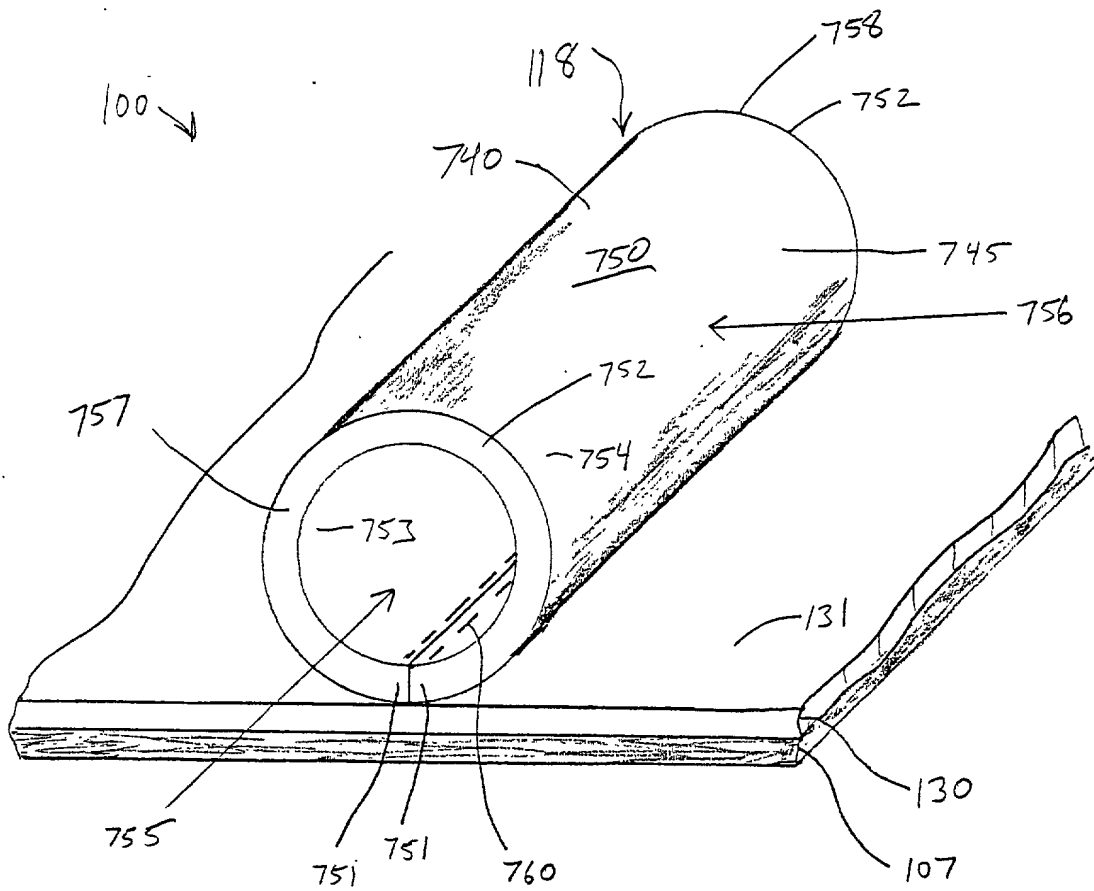


FIG. 26

Socioeconomic characteristics		Health status		Health care utilization		Health care costs	
Variable	Mean (SD)	Variable	Mean (SD)	Variable	Mean (SD)	Variable	Mean (SD)
Age	65.2 (10.5)	Self-rated health	3.2 (1.5)	Physician visits	1.5 (1.2)	Physician visits	\$150 (100)
Gender	Male	Physical function	4.5 (2.5)	Emergency department visits	0.5 (0.8)	Emergency department visits	\$200 (150)
Marital status	Married	Mental health	5.0 (2.0)	Hospitalizations	0.2 (0.4)	Hospitalizations	\$500 (300)
Education	High school	Chronic conditions	2.5 (1.5)	Long-term care	0.1 (0.2)	Long-term care	\$100 (50)
Income	\$15,000	Medication use	3.0 (1.5)	Home health care	0.05 (0.1)	Home health care	\$50 (20)
Health insurance	Medicare	Health status	3.5 (1.5)	Skilled nursing facility	0.02 (0.05)	Skilled nursing facility	\$1000 (500)
Living arrangement	Alone	Health status	3.0 (1.5)	Assisted living	0.01 (0.02)	Assisted living	\$200 (100)
Employment	Retired	Health status	3.0 (1.5)	Respite care	0.01 (0.02)	Respite care	\$50 (20)
Transportation	Own car	Health status	3.0 (1.5)	Adult day care	0.01 (0.02)	Adult day care	\$20 (10)
Health literacy	Low	Health status	3.0 (1.5)	Other services	0.01 (0.02)	Other services	\$10 (5)
Health beliefs	Low	Health status	3.0 (1.5)	Total costs		Total costs	\$1000 (500)
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status	3.0 (1.5)				
Health beliefs	High	Health status	3.0 (1.5)				
Health beliefs	Low	Health status					

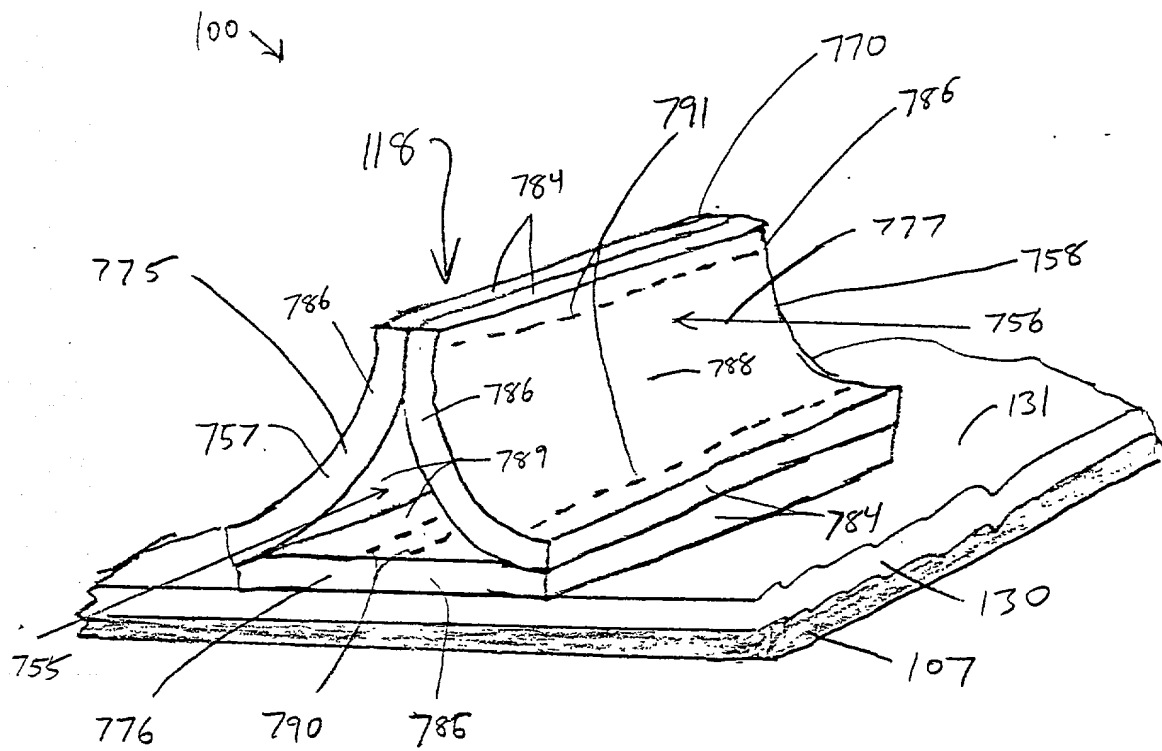


FIG. 27

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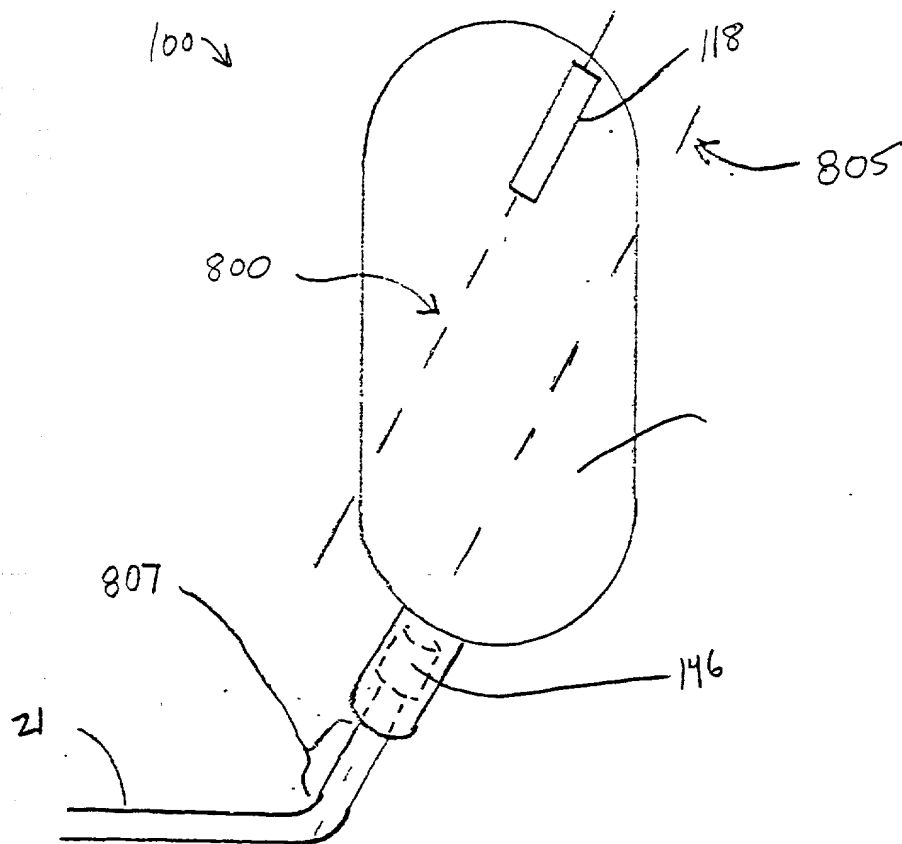
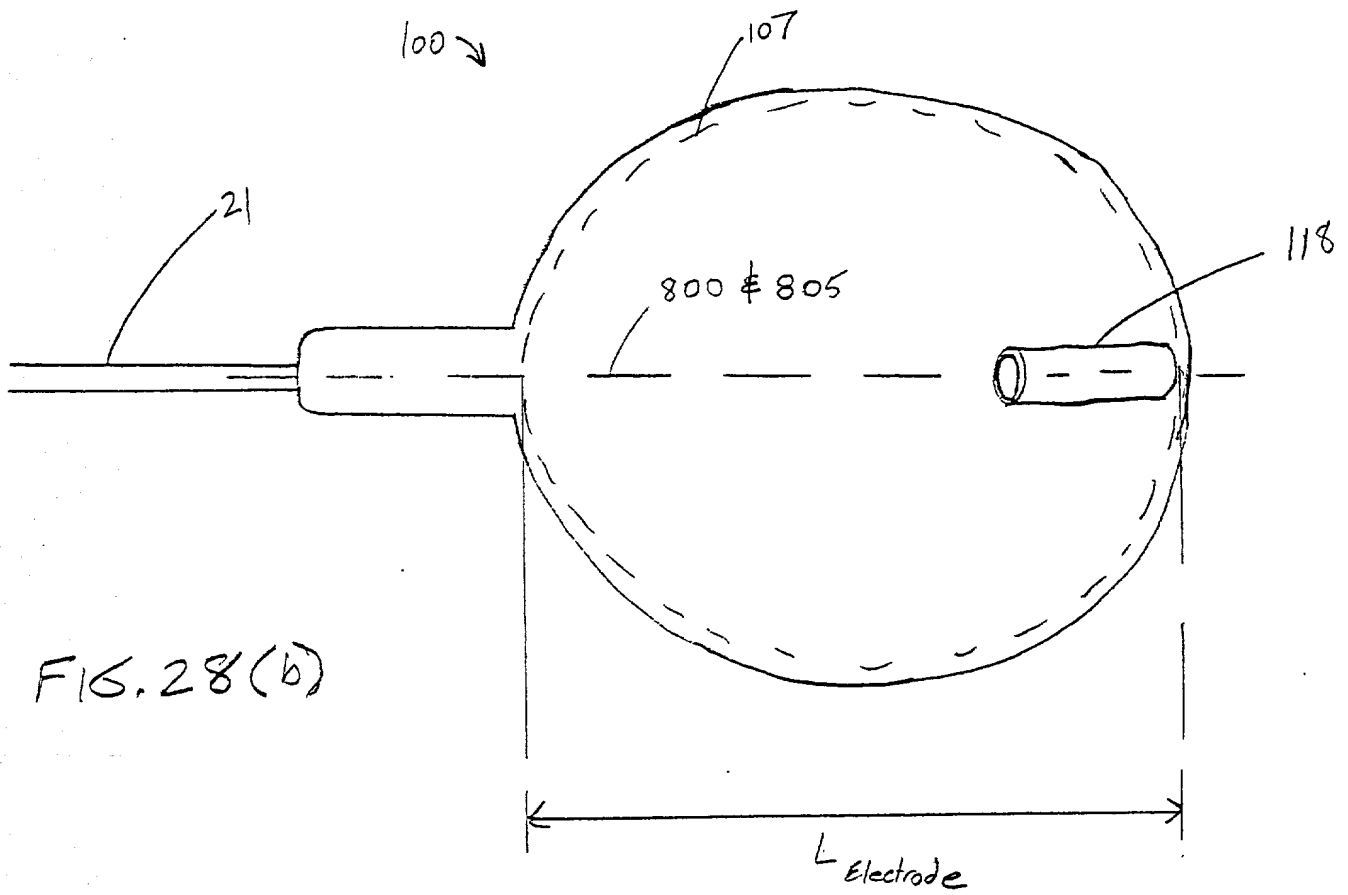


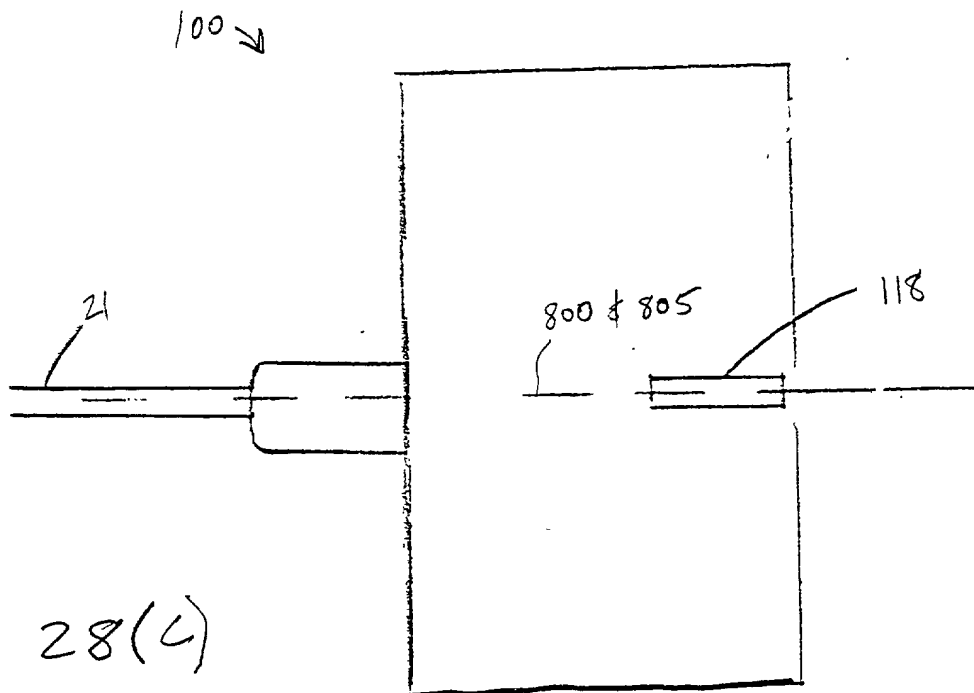


FIG. 28(b)



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FIG. 28(4)



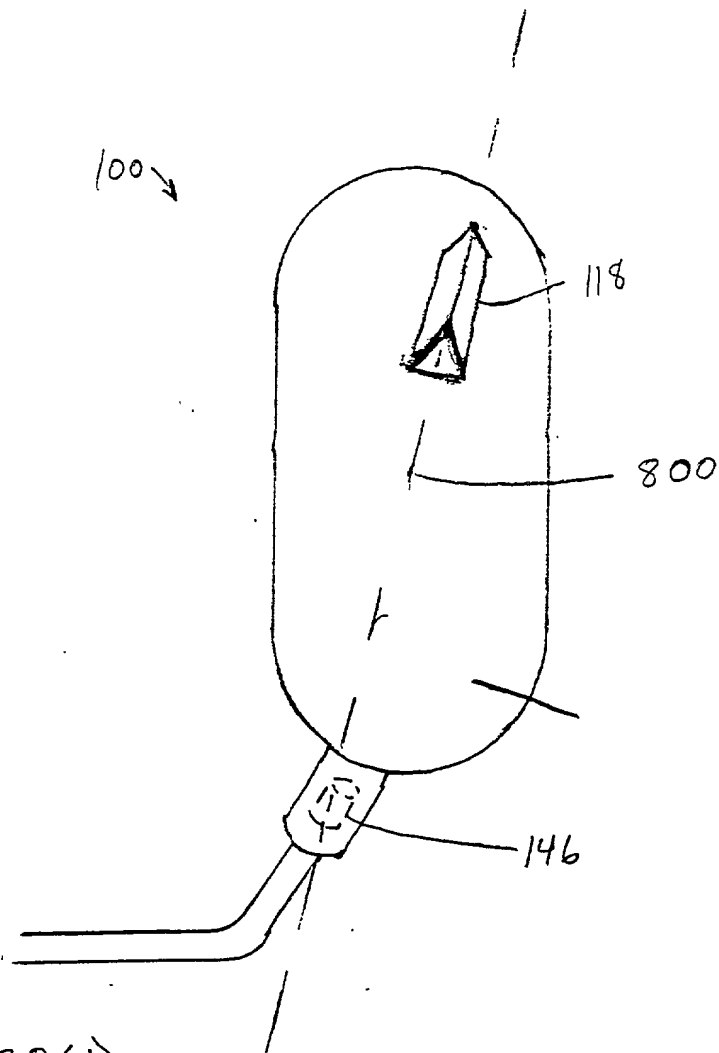


FIG. 28(d)

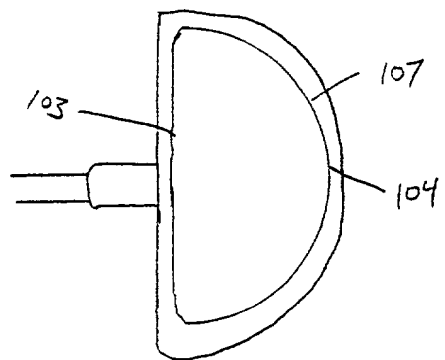


FIG. 28(e)

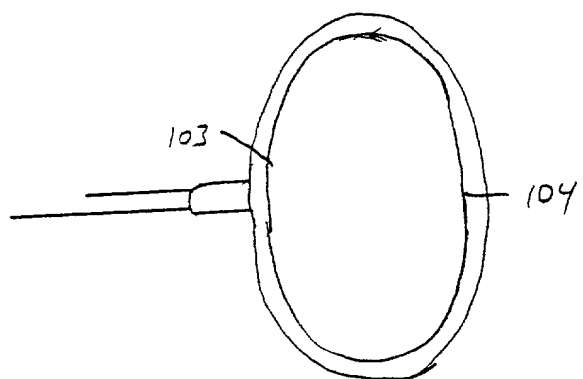


FIG. 28(f)

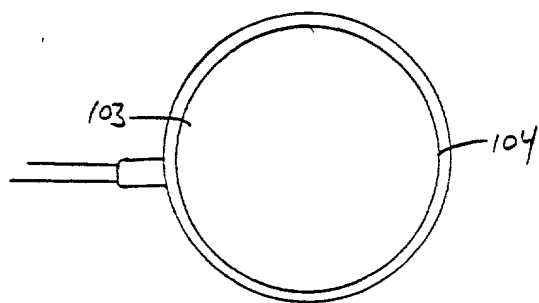


FIG. 28(g)

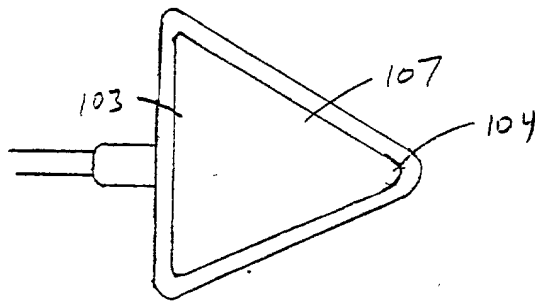


FIG. 28(h)

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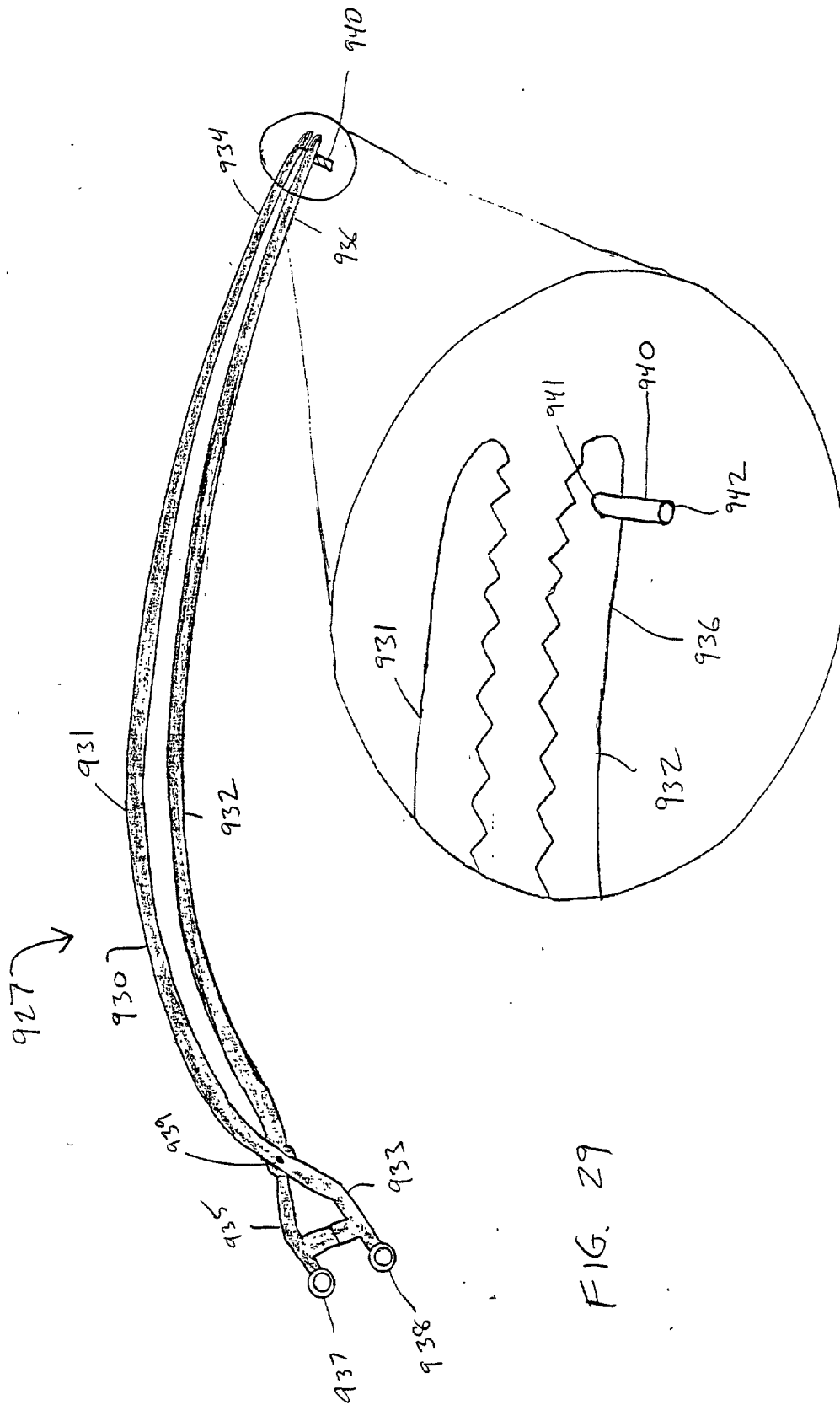


FIG. 29

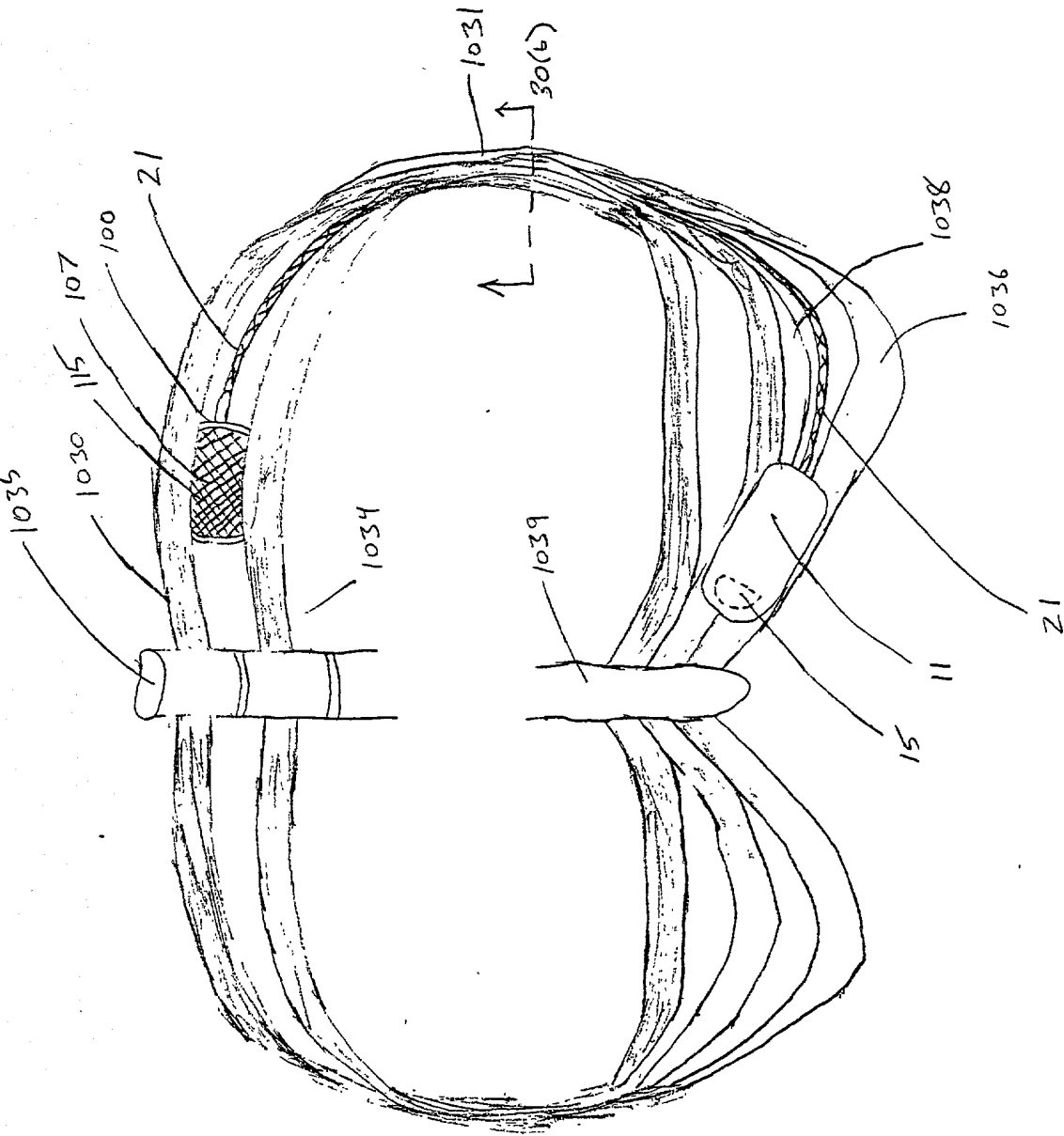


FIG 30(a)

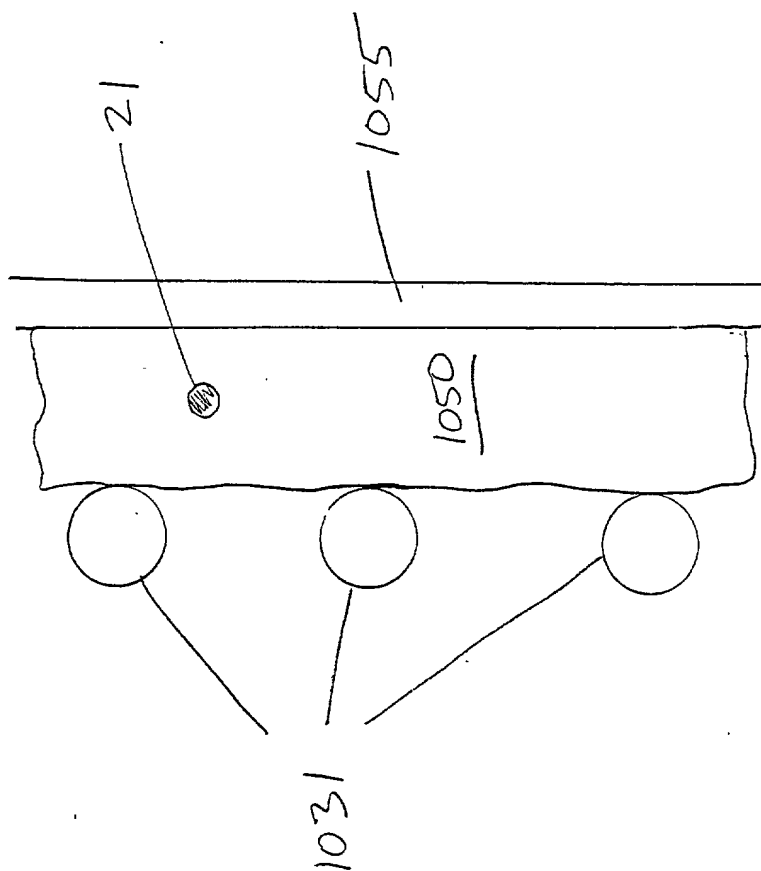


FIG 30 (b)



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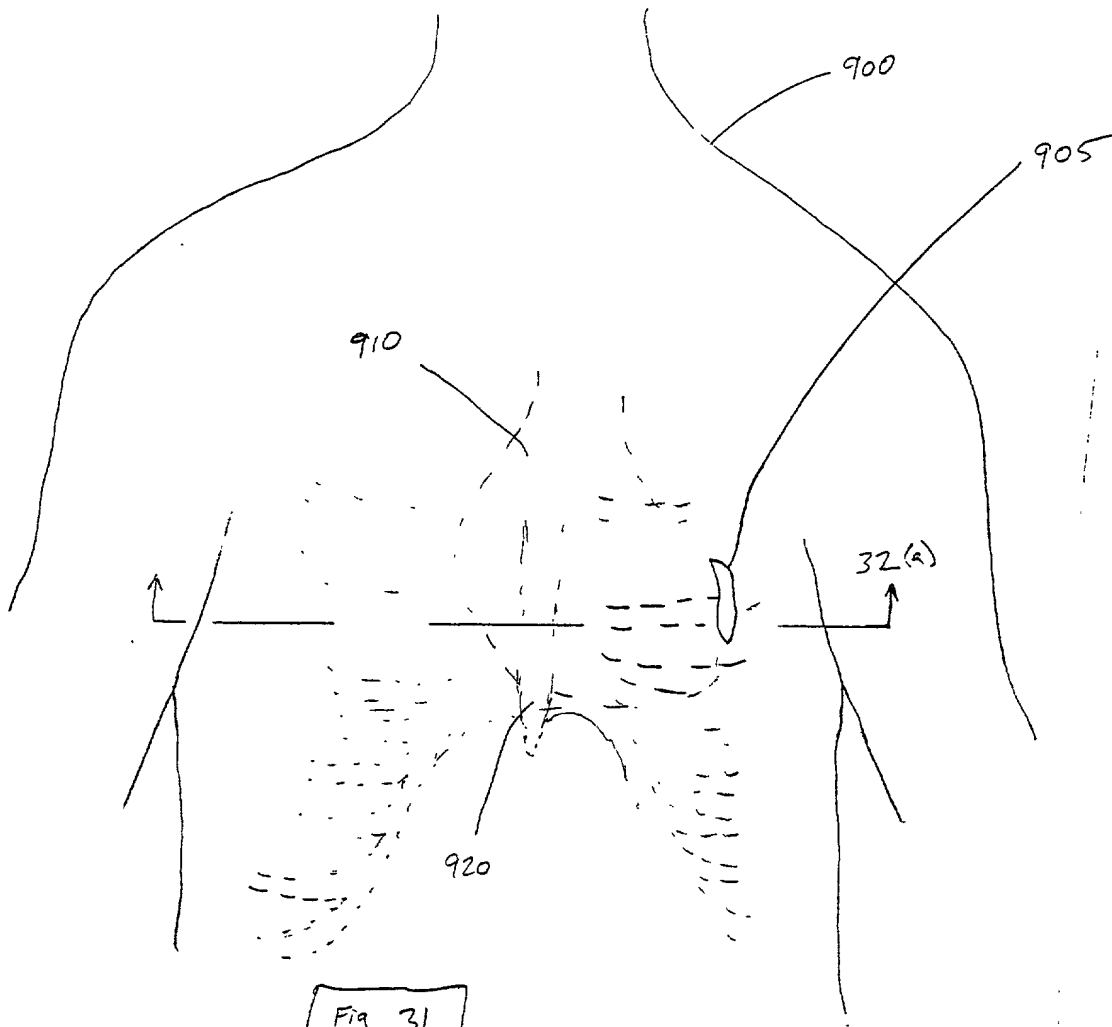


Fig. 31

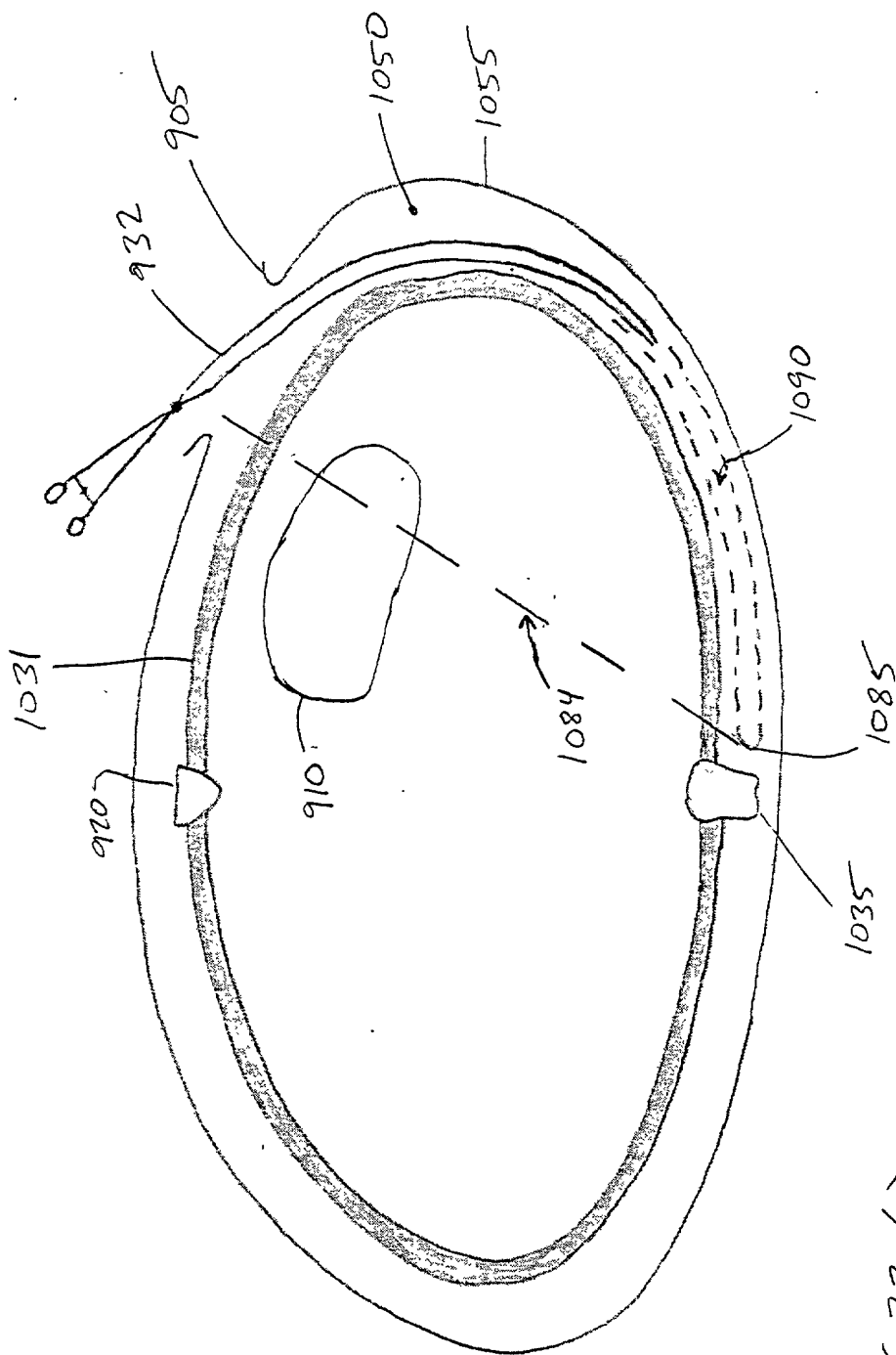
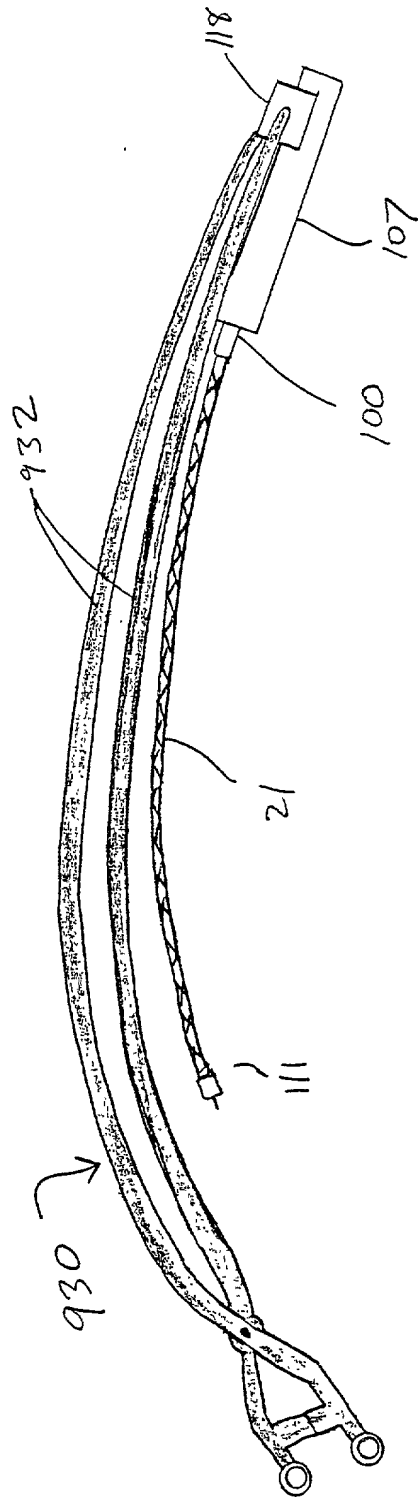


FIG 32 (a)

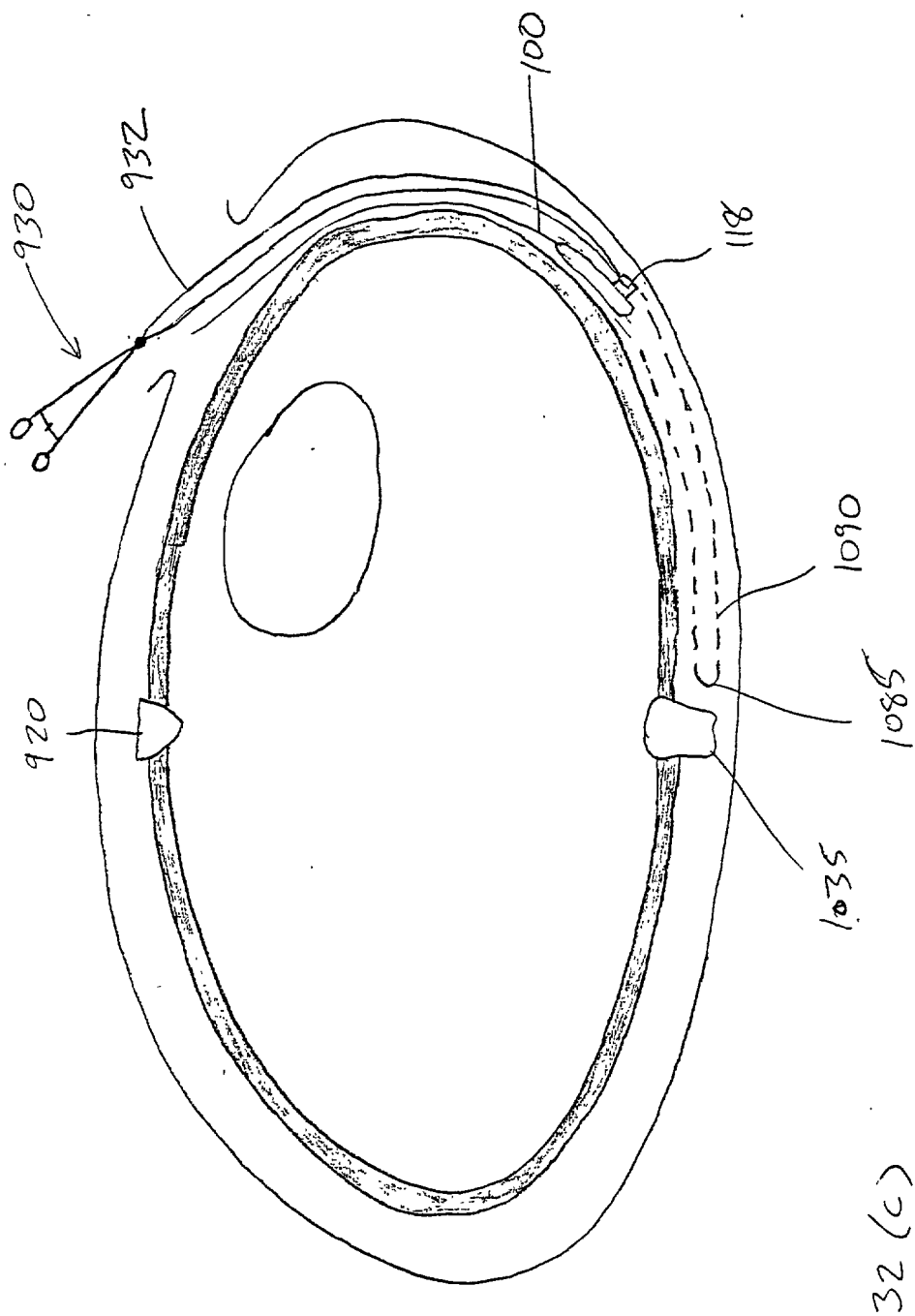
Figure 1 is a line graph showing the percentage of total energy expenditure (TEE) for various activities over a 24-hour period. The Y-axis is 'Percentage of TEE' (0-100) and the X-axis is 'Time of Day' (0-24). The activities and their approximate percentages are:

Time of Day	Sleeping	Resting	Sitting	Standing	Walking	Running
0	50	10	10	10	10	10
1	50	10	10	10	10	10
2	50	10	10	10	10	10
3	50	10	10	10	10	10
4	50	10	10	10	10	10
5	50	10	10	10	10	10
6	50	10	10	10	10	10
7	50	10	10	10	10	10
8	50	10	10	10	10	10
9	50	10	10	10	10	10
10	50	10	10	10	10	10
11	50	10	10	10	10	10
12	50	10	10	10	10	10
13	50	10	10	10	10	10
14	50	10	10	10	10	10
15	50	10	10	10	10	10
16	50	10	10	10	10	10
17	50	10	10	10	10	10
18	50	10	10	10	10	10
19	50	10	10	10	10	10
20	50	10	10	10	10	10
21	50	10	10	10	10	10
22	50	10	10	10	10	10
23	50	10	10	10	10	10
24	50	10	10	10	10	10



32(b)

Variable	Mean	Standard Deviation	Minimum	Maximum
Age	34.5	10.2	22	55
Gender	0.5	0.5	0	1
Marital Status	0.7	0.5	0	1
Education	12.5	1.5	10	15
Income	3500	1500	1000	7000
Health	0.8	0.3	0	1
Smoking	0.2	0.4	0	1
Alcohol	0.1	0.3	0	1
Exercise	0.3	0.5	0	1
Stress	0.6	0.4	0	1
Sleep	0.7	0.3	0	1
Work	0.8	0.3	0	1
Family	0.9	0.2	0	1
Friends	0.7	0.4	0	1
Community	0.6	0.3	0	1
Religion	0.5	0.5	0	1
Politics	0.4	0.4	0	1
Art	0.3	0.5	0	1
Music	0.4	0.5	0	1
Reading	0.5	0.5	0	1
Travel	0.6	0.4	0	1
Volunteering	0.7	0.3	0	1
Charitable	0.8	0.2	0	1
Philanthropy	0.9	0.1	0	1
Leadership	0.6	0.3	0	1
Networking	0.7	0.3	0	1
Communication	0.8	0.2	0	1
Teamwork	0.9	0.1	0	1
Problem Solving	0.7	0.3	0	1
Decision Making	0.8	0.2	0	1
Conflict Resolution	0.9	0.1	0	1
Emotional Stability	0.7	0.3	0	1
Resilience	0.8	0.2	0	1
Optimism	0.9	0.1	0	1
Gratitude	0.8	0.2	0	1
Forgiveness	0.7	0.3	0	1
Empathy	0.8	0.2	0	1
Compassion	0.9	0.1	0	1
Kindness	0.8	0.2	0	1
Generosity	0.9	0.1	0	1
Humility	0.7	0.3	0	1
Patience	0.8	0.2	0	1
Perseverance	0.9	0.1	0	1
Self-Discipline	0.8	0.2	0	1
Time Management	0.7	0.3	0	1
Organization	0.8	0.2	0	1
Productivity	0.9	0.1	0	1
Focus	0.8	0.2	0	1
Attention	0.9	0.1	0	1
Memory	0.7	0.3	0	1
Learning	0.8	0.2	0	1
Growth	0.9	0.1	0	1
Development	0.8	0.2	0	1
Progress	0.9	0.1	0	1
Success	0.7	0.3	0	1
Accomplishment	0.8	0.2	0	1
Recognition	0.9	0.1	0	1
Respect	0.8	0.2	0	1
Honor	0.9	0.1	0	1
Dignity	0.7	0.3	0	1
Integrity	0.8	0.2	0	1
Honesty	0.9	0.1	0	1
Trustworthiness	0.8	0.2	0	1
Reliability	0.9	0.1	0	1
Consistency	0.7	0.3	0	1
Stability	0.8	0.2	0	1
Balance	0.9	0.1	0	1
Harmony	0.8	0.2	0	1
Peace	0.9	0.1	0	1
Love	0.7	0.3	0	1
Kindness	0.8	0.2	0	1
Compassion	0.9	0.1	0	1
Generosity	0.8	0.2	0	1
Humility	0.9	0.1	0	1
Patience	0.7	0.3	0	1
Perseverance	0.8	0.2	0	1
Self-Discipline	0.9	0.1	0	1
Time Management	0.8	0.2	0	1
Organization	0.9	0.1	0	1
Productivity	0.7	0.3	0	1
Focus	0.8	0.2	0	1
Attention	0.9	0.1	0	1
Memory	0.7	0.3	0	1
Learning	0.8	0.2	0	1
Growth	0.9	0.1	0	1
Development	0.8	0.2	0	1



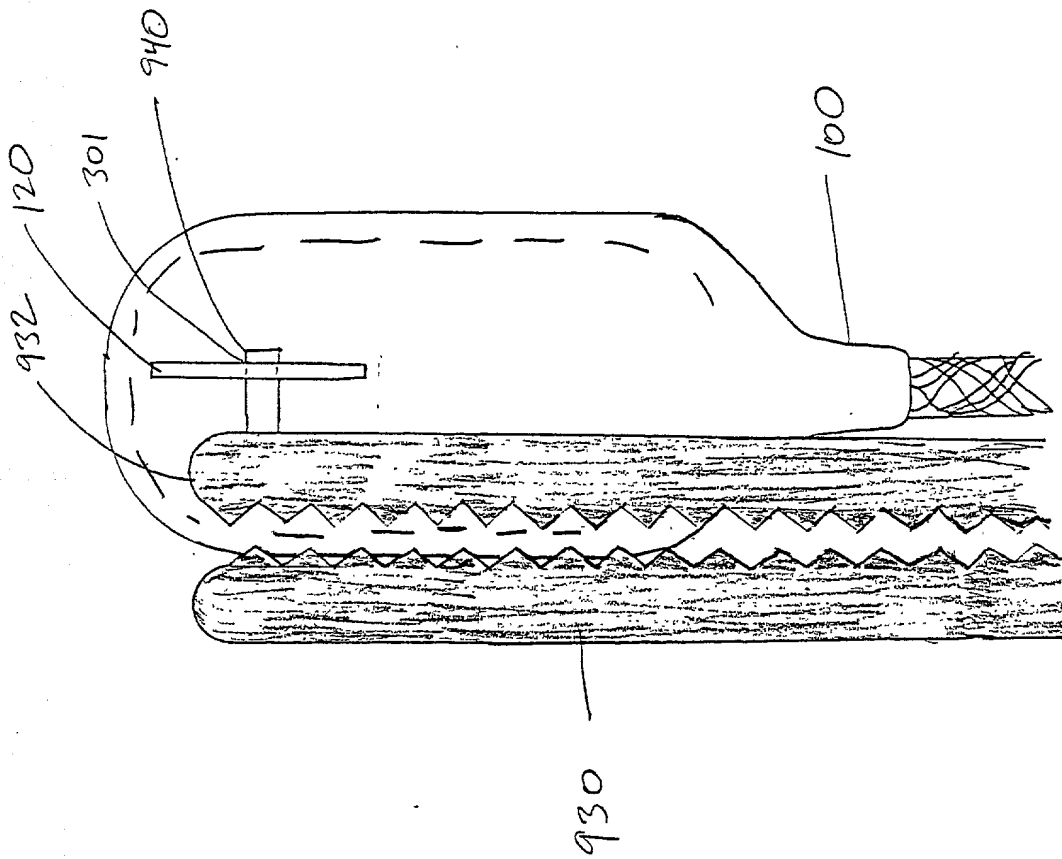


FIG. 32 (d)

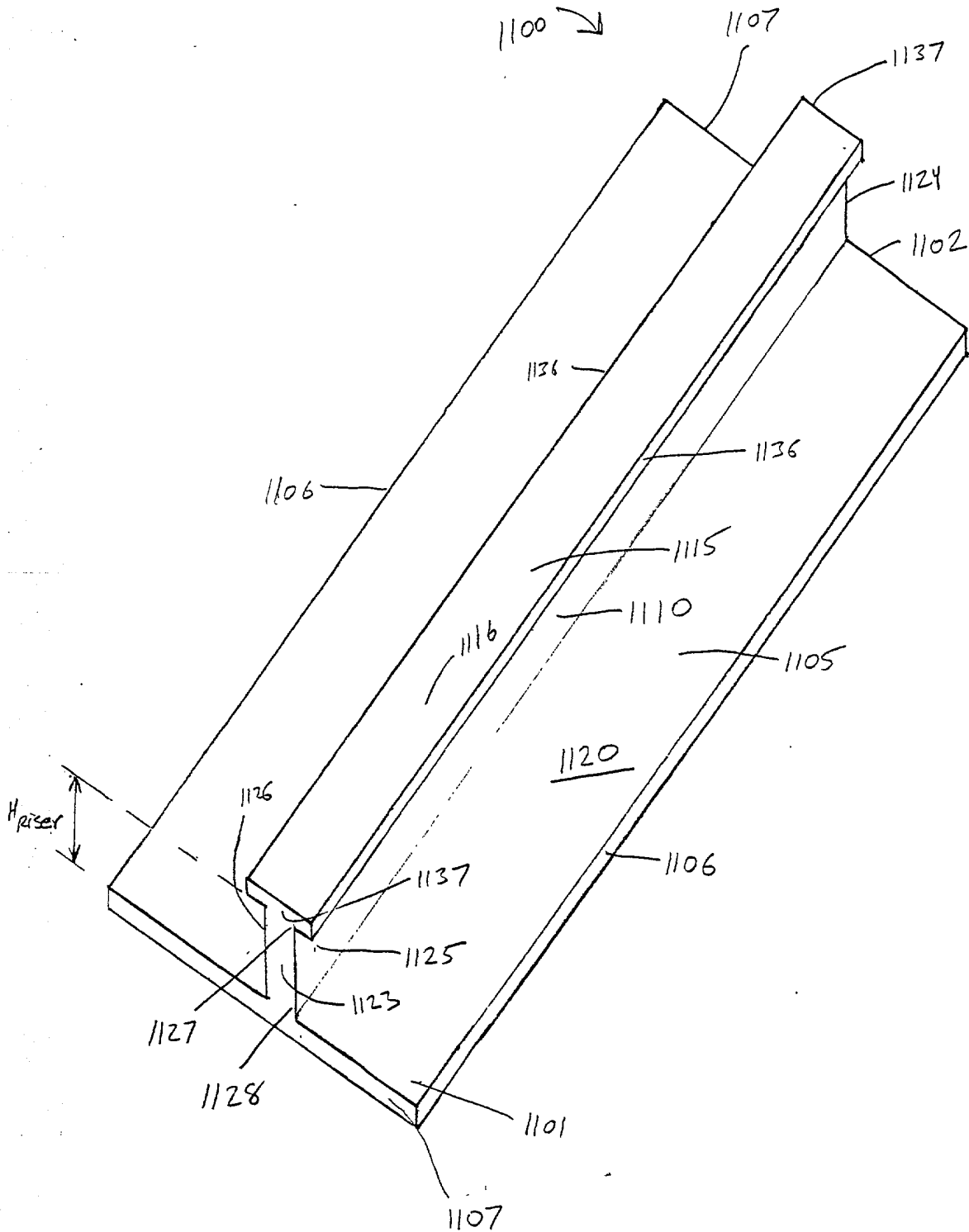


FIG 33(a)

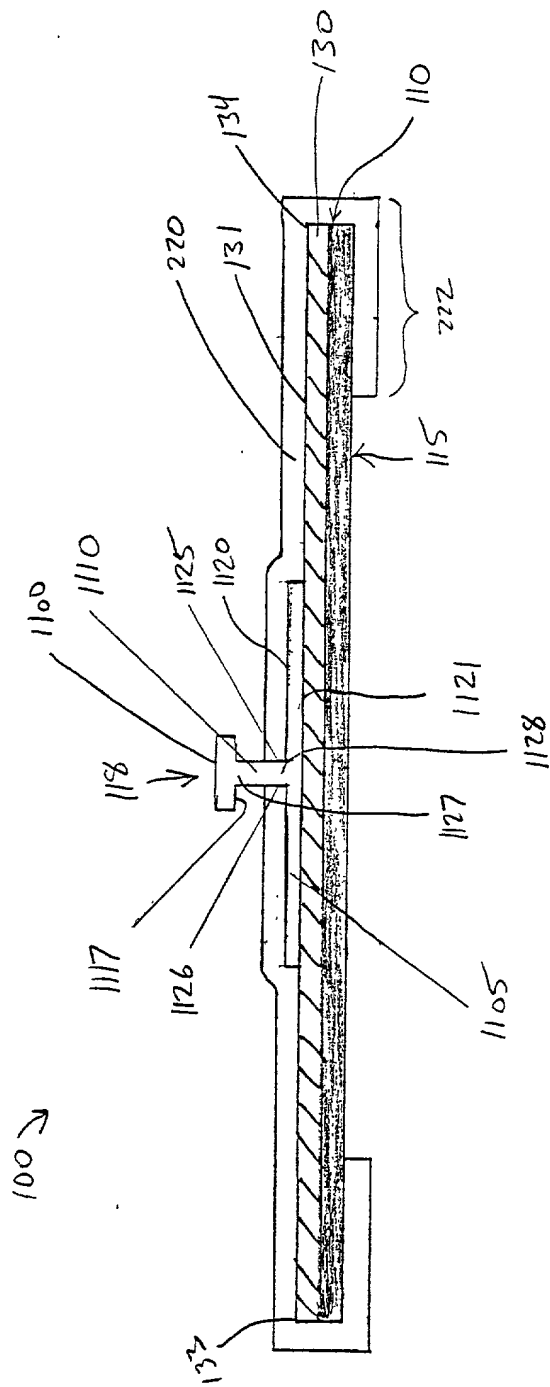


FIG 33(b)

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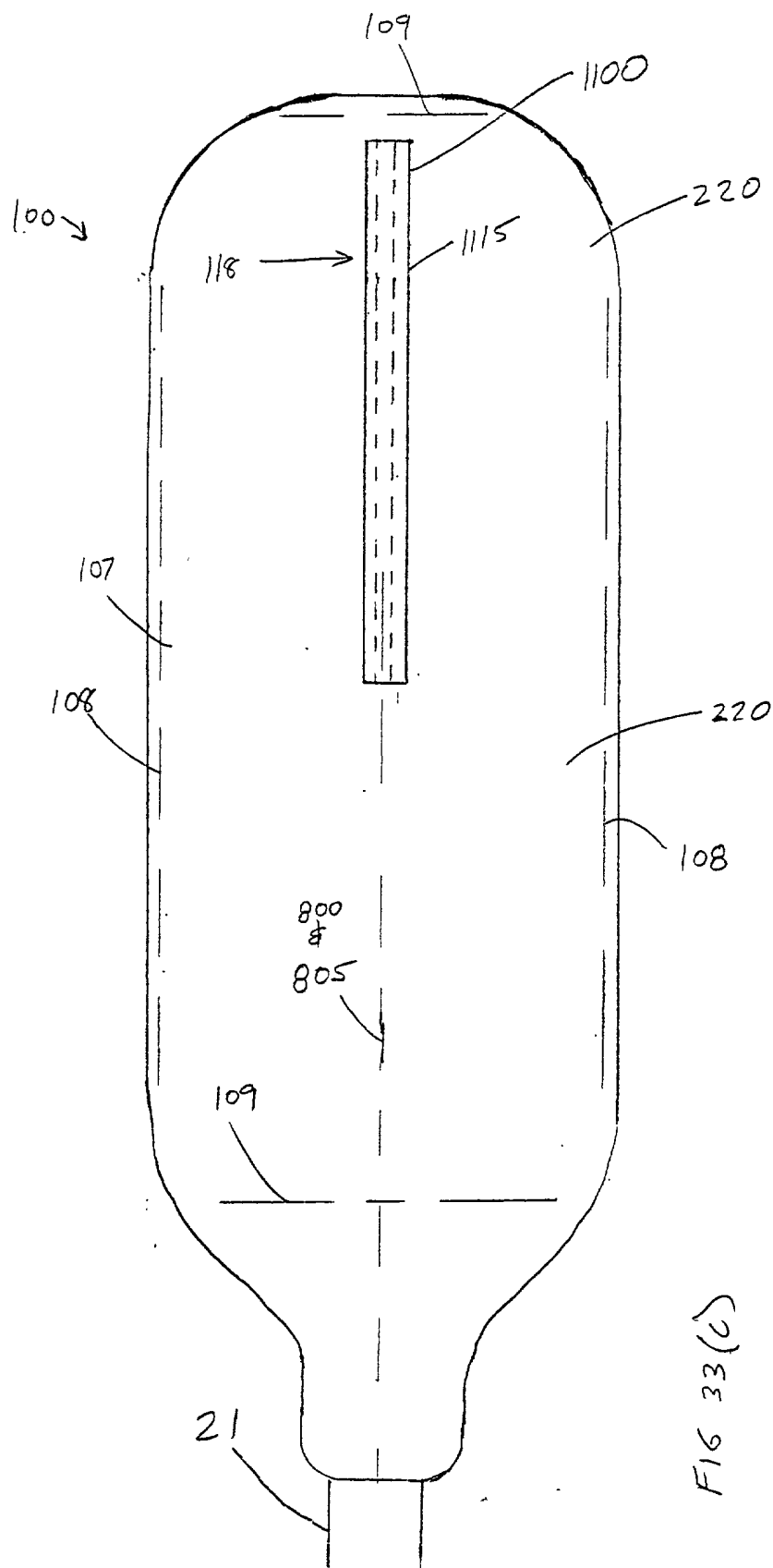


FIG 33(c)



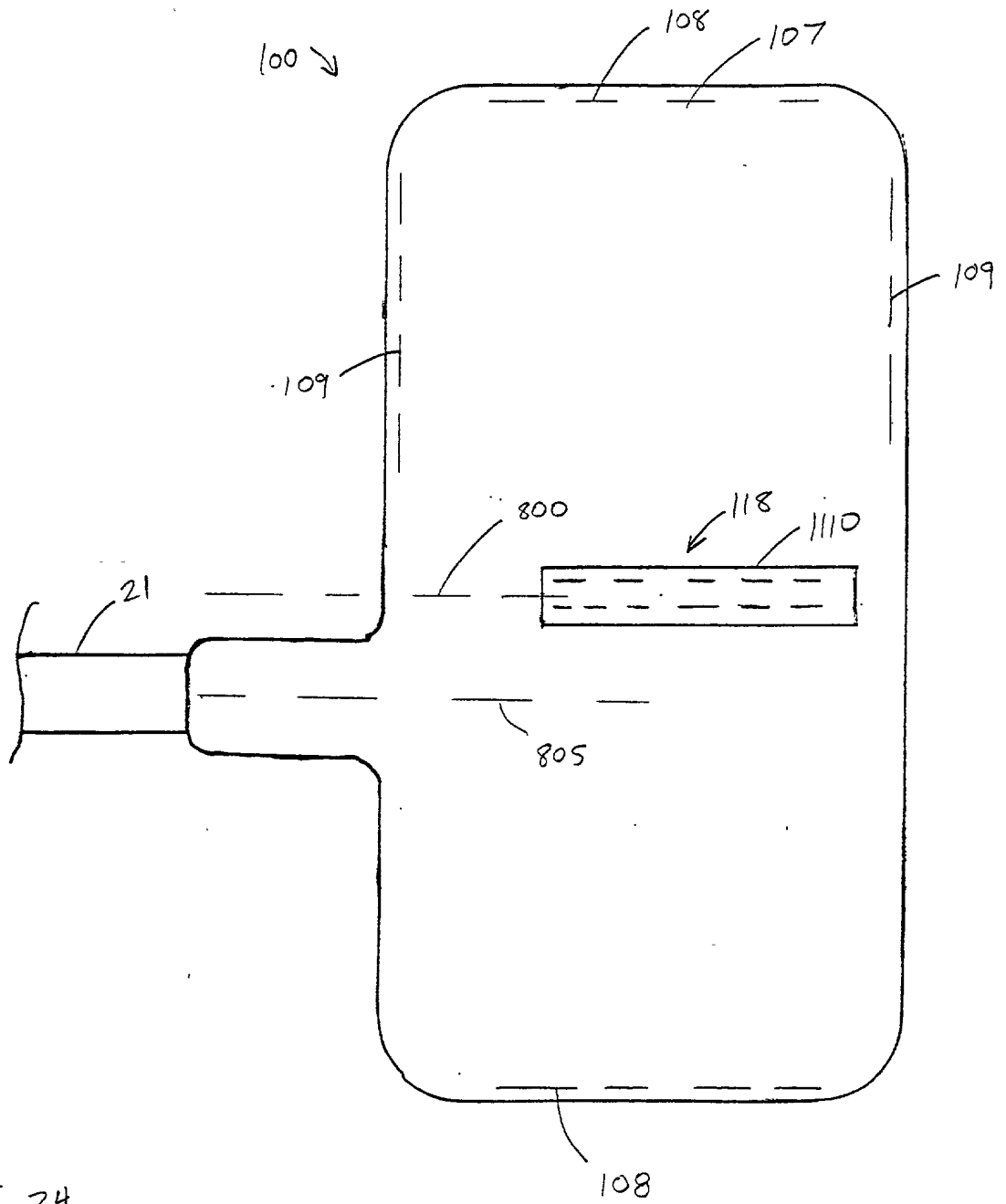


FIG 34

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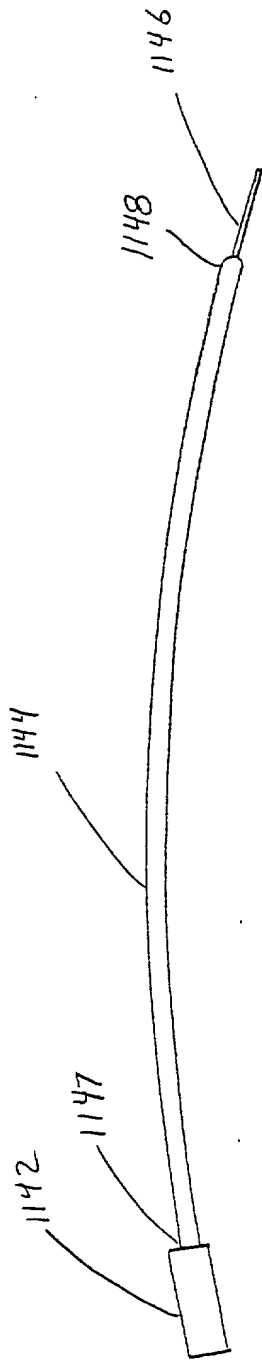


FIG 35 (a)

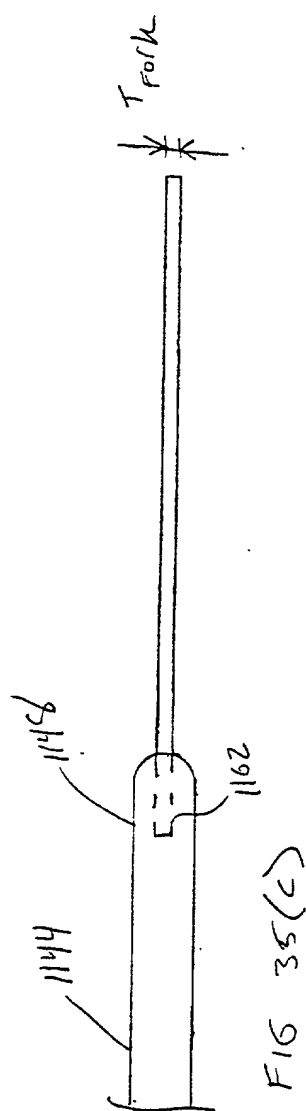
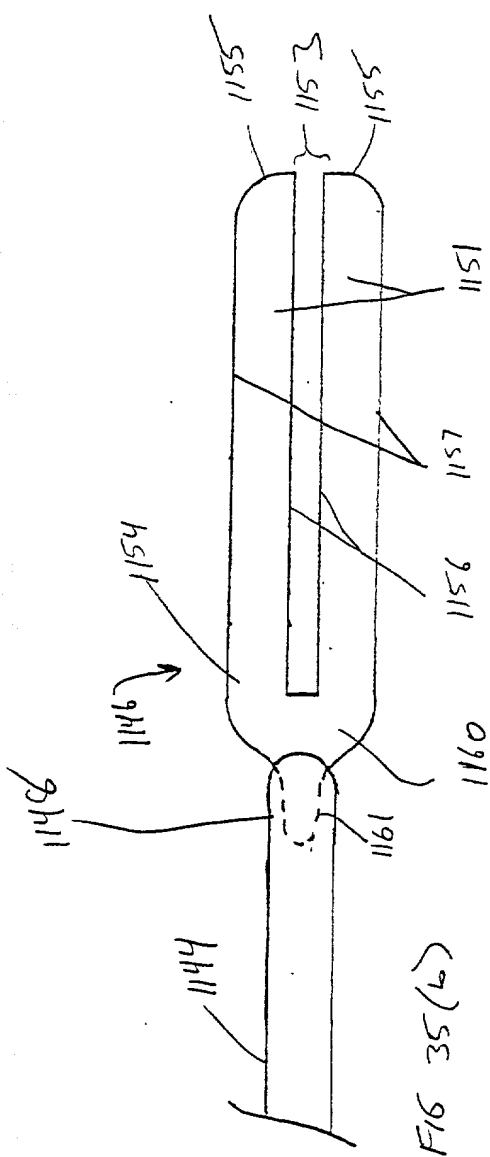
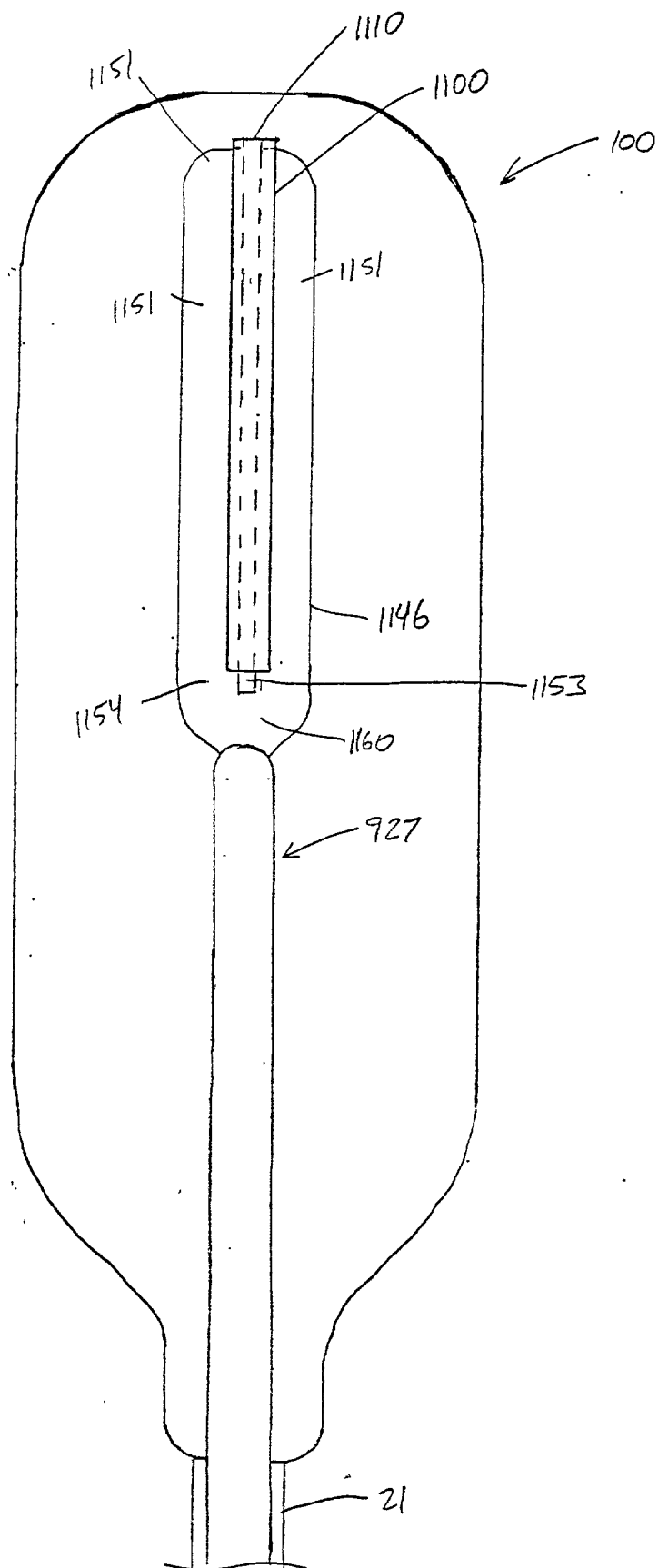


FIG. 35(d)



0940387.082701

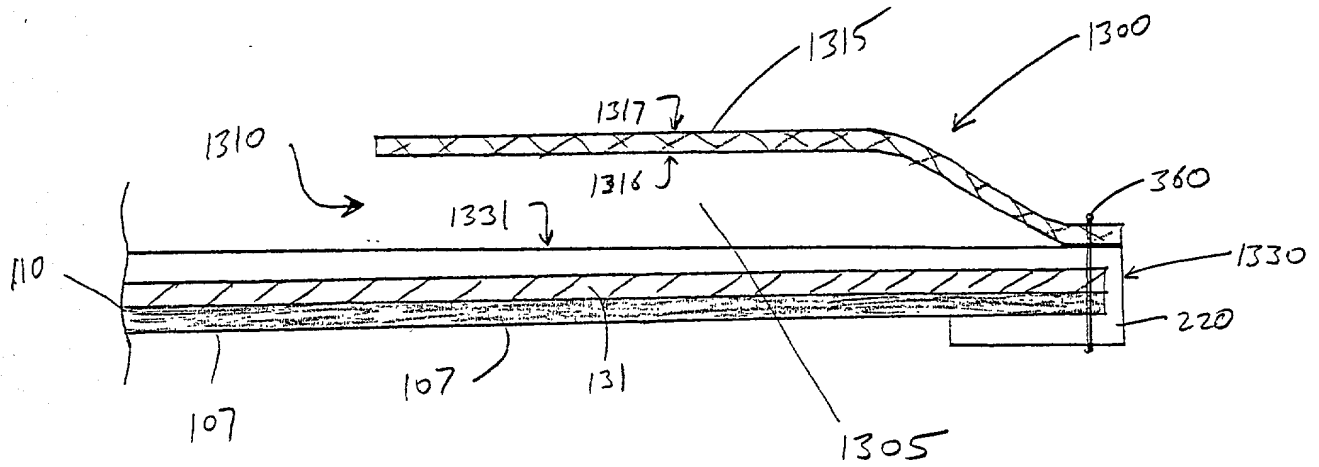


FIG. 36(a)

FIG. 36 (b)

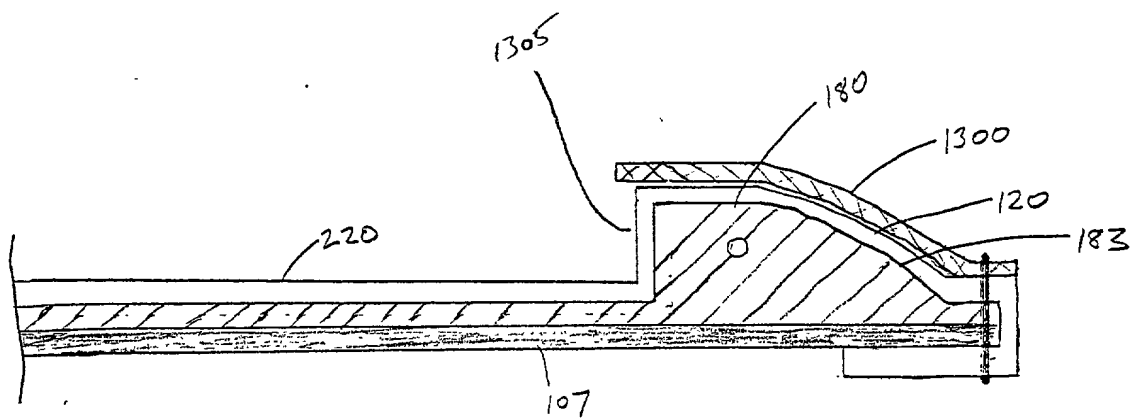


FIG. 36(C)

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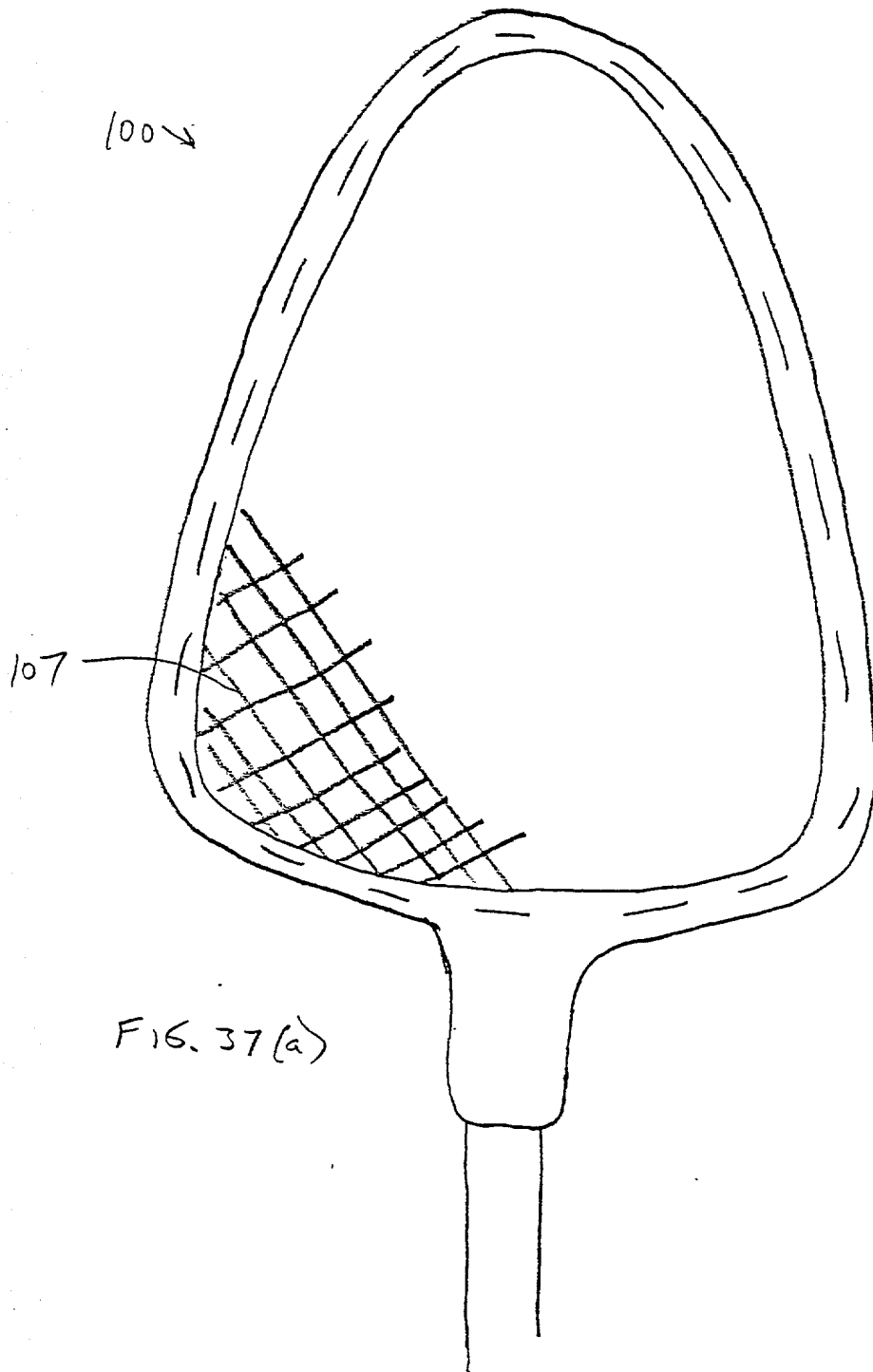
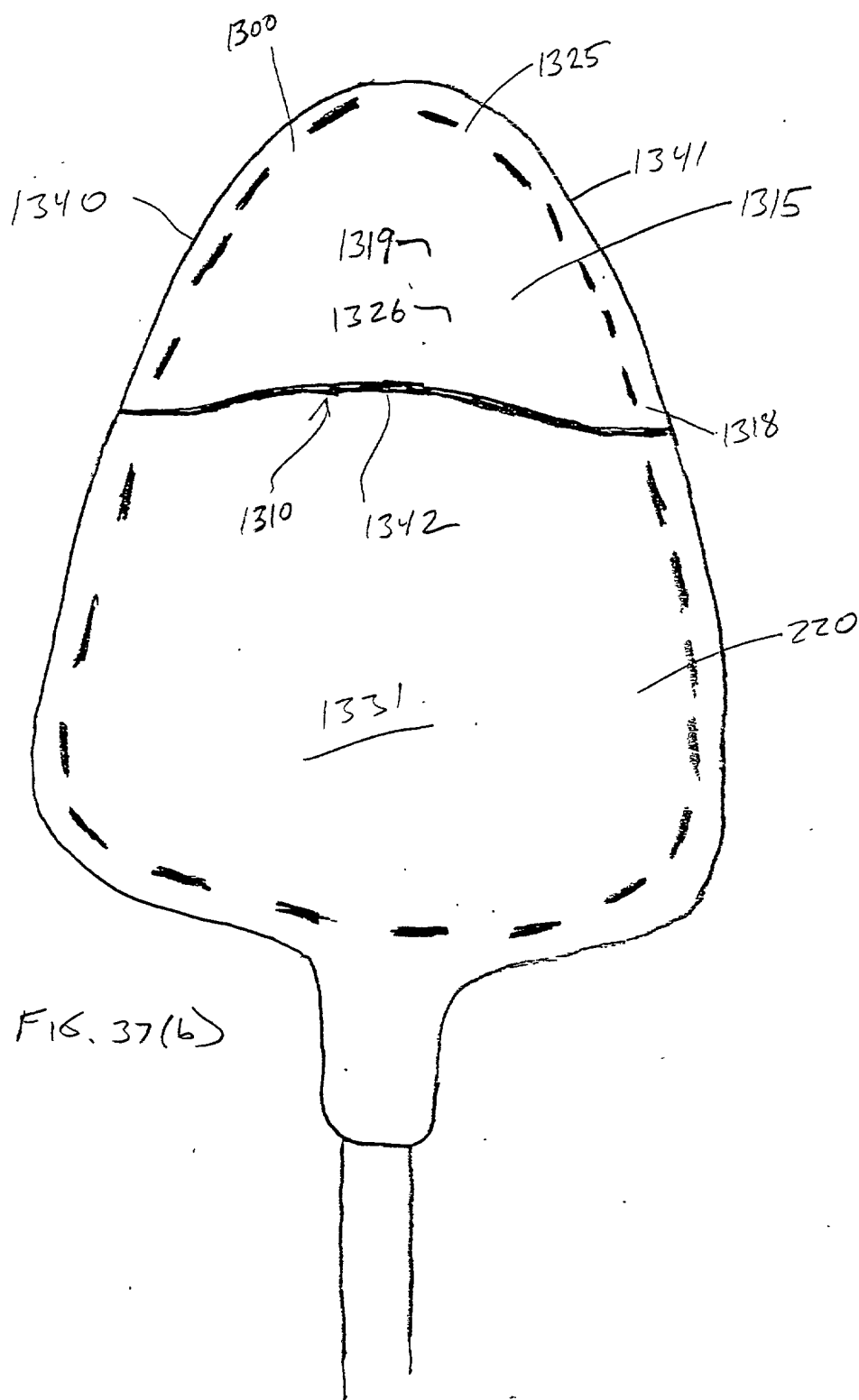


FIG. 37(a)



00040287.082701



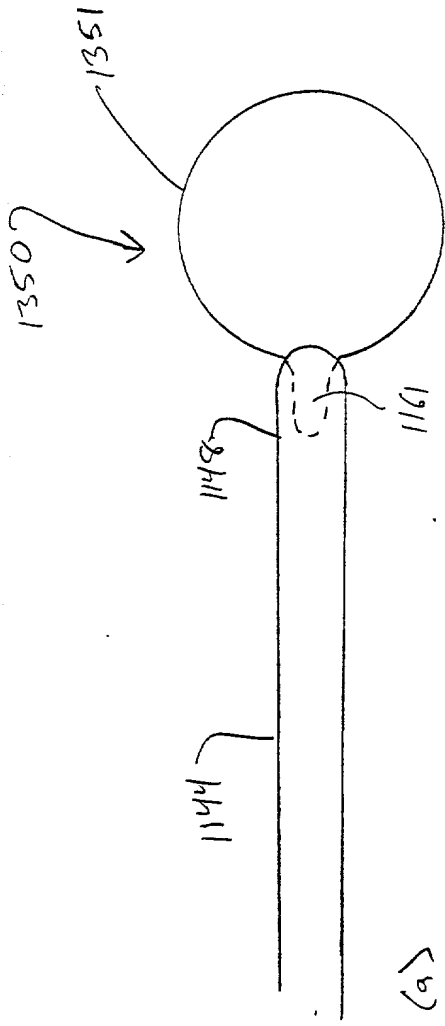


FIG. 38 (a)

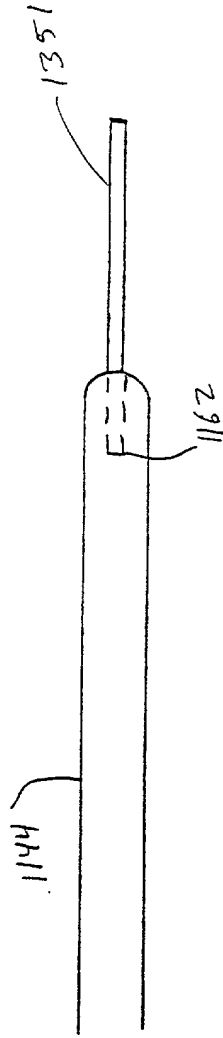


FIG. 38 (b)

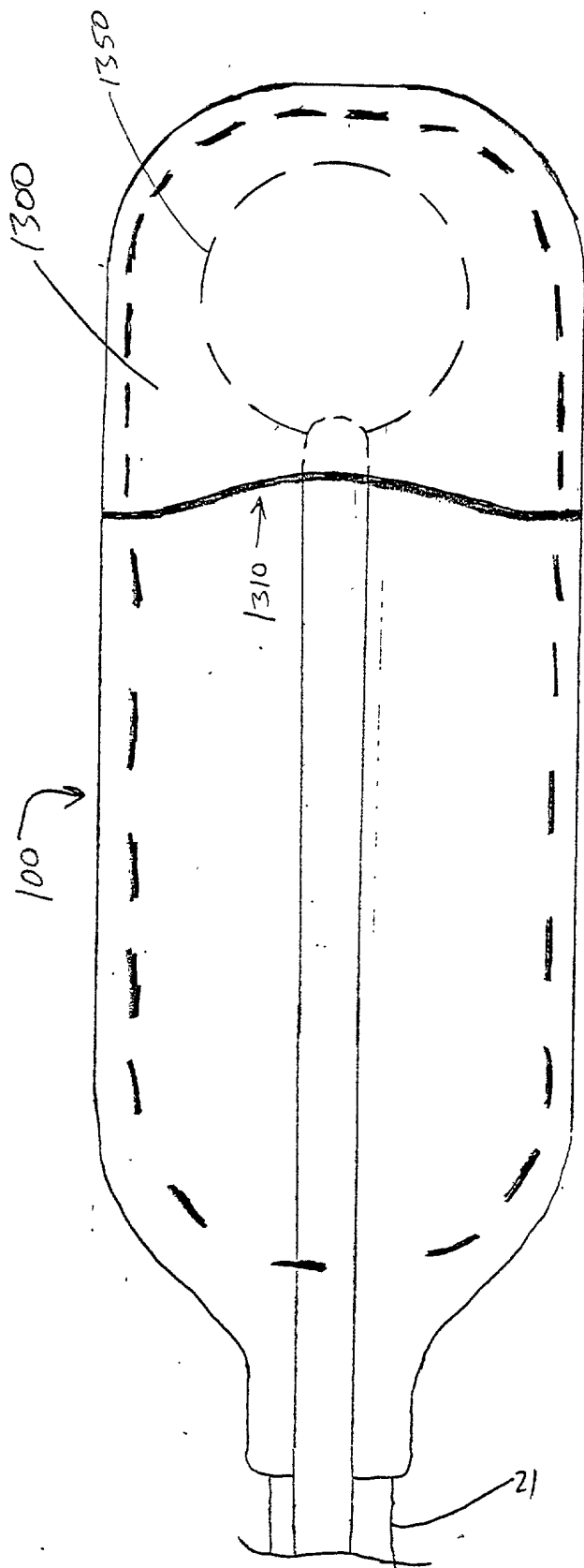
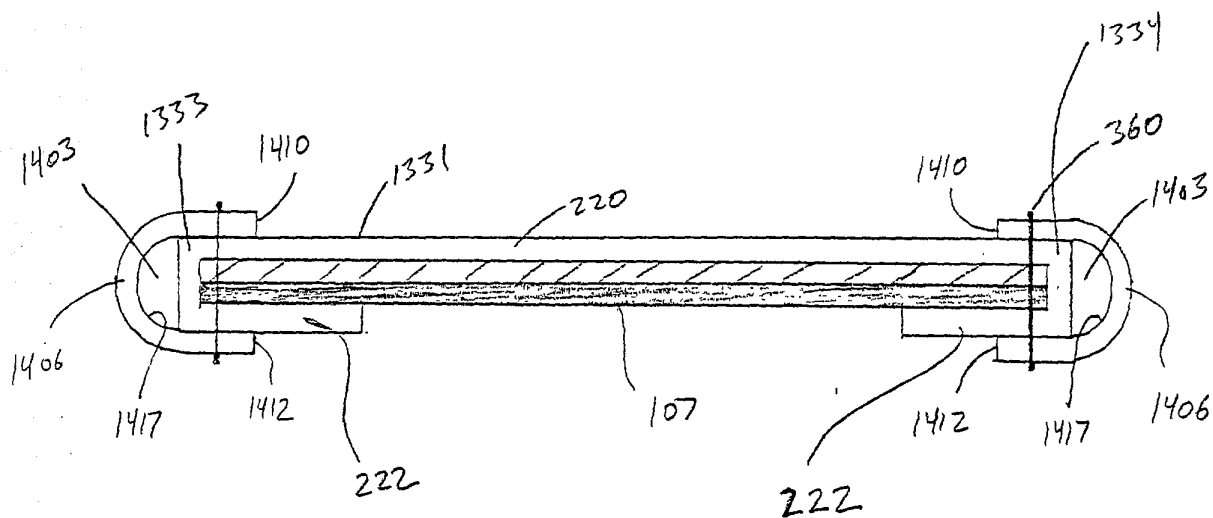


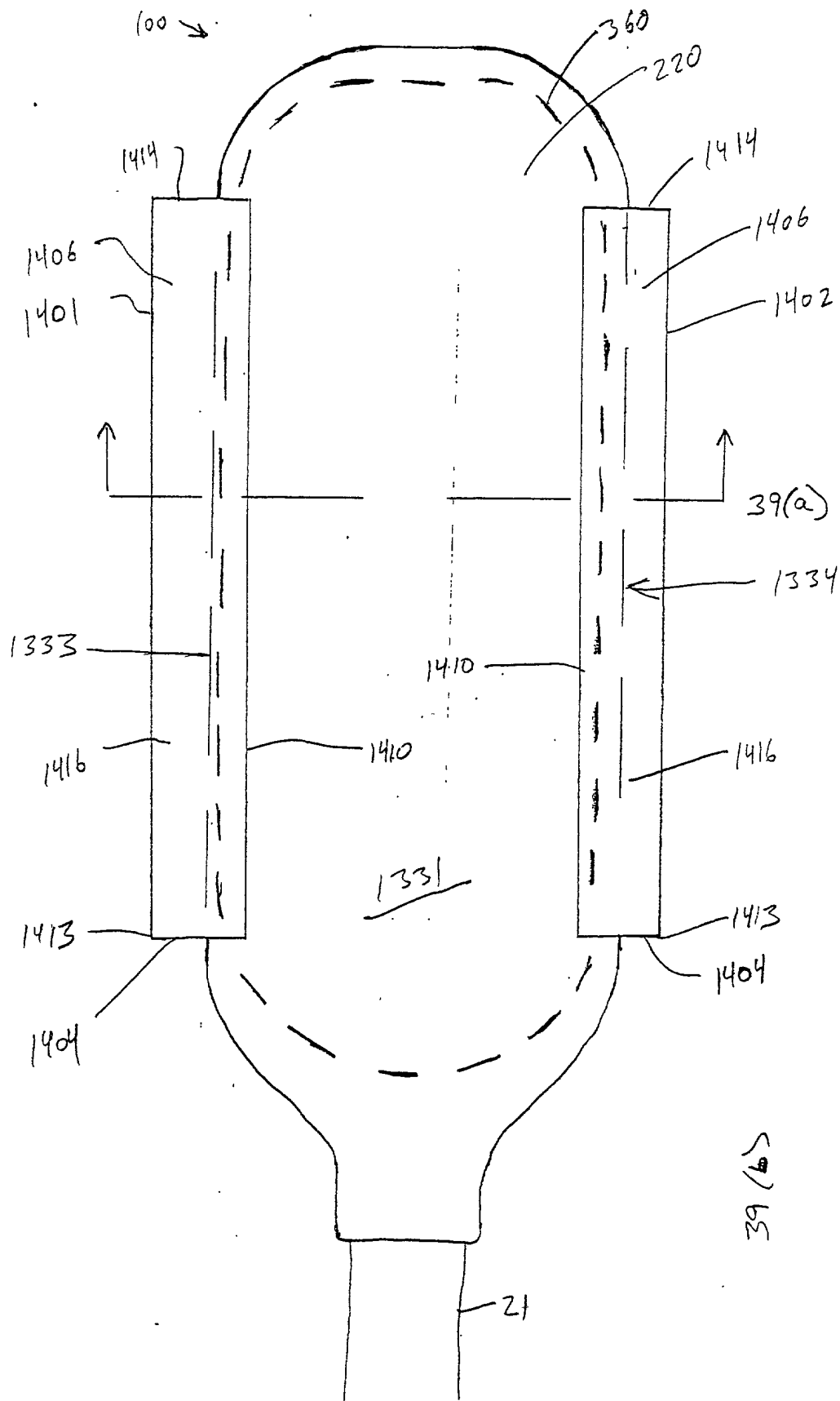
Fig 38(c)

**DECLASSIFIED**

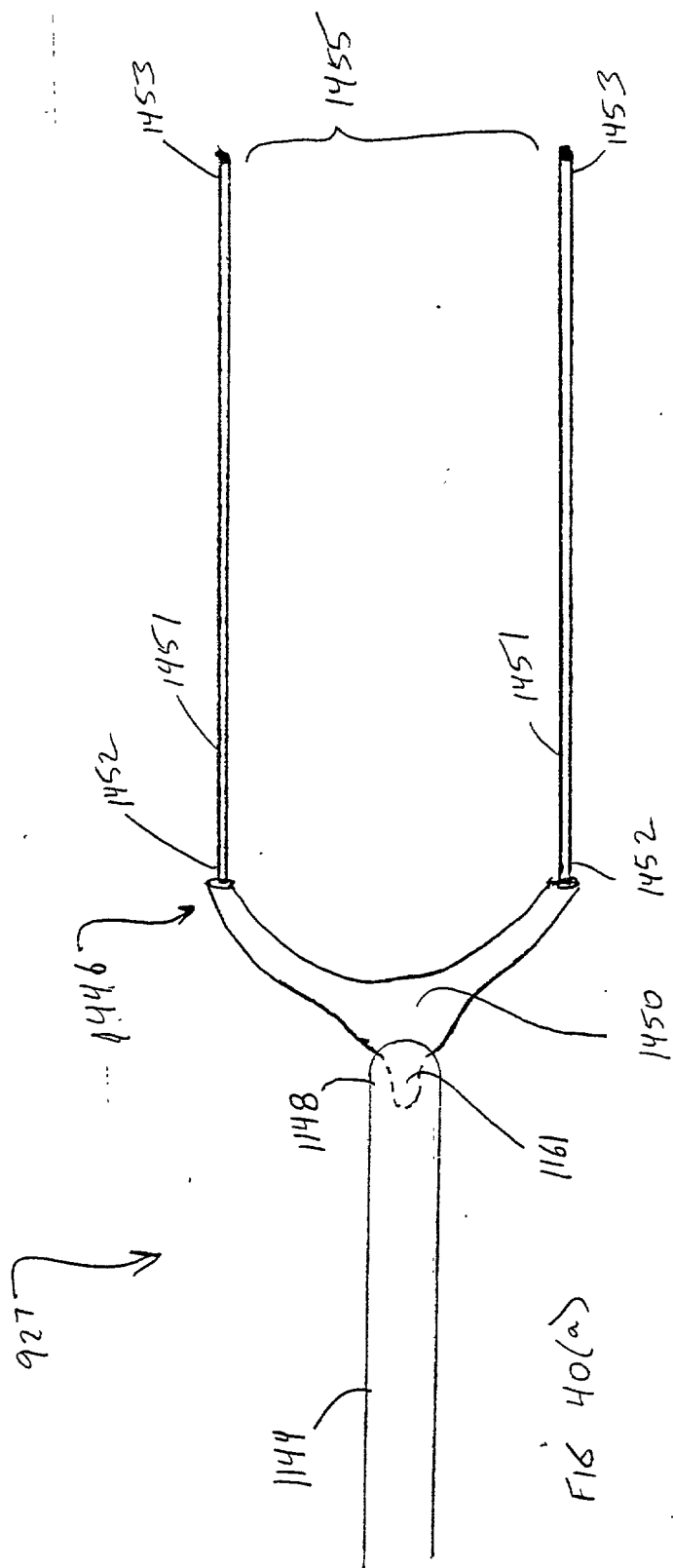


F16 39(a)

0640287.03701



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0940227.082704

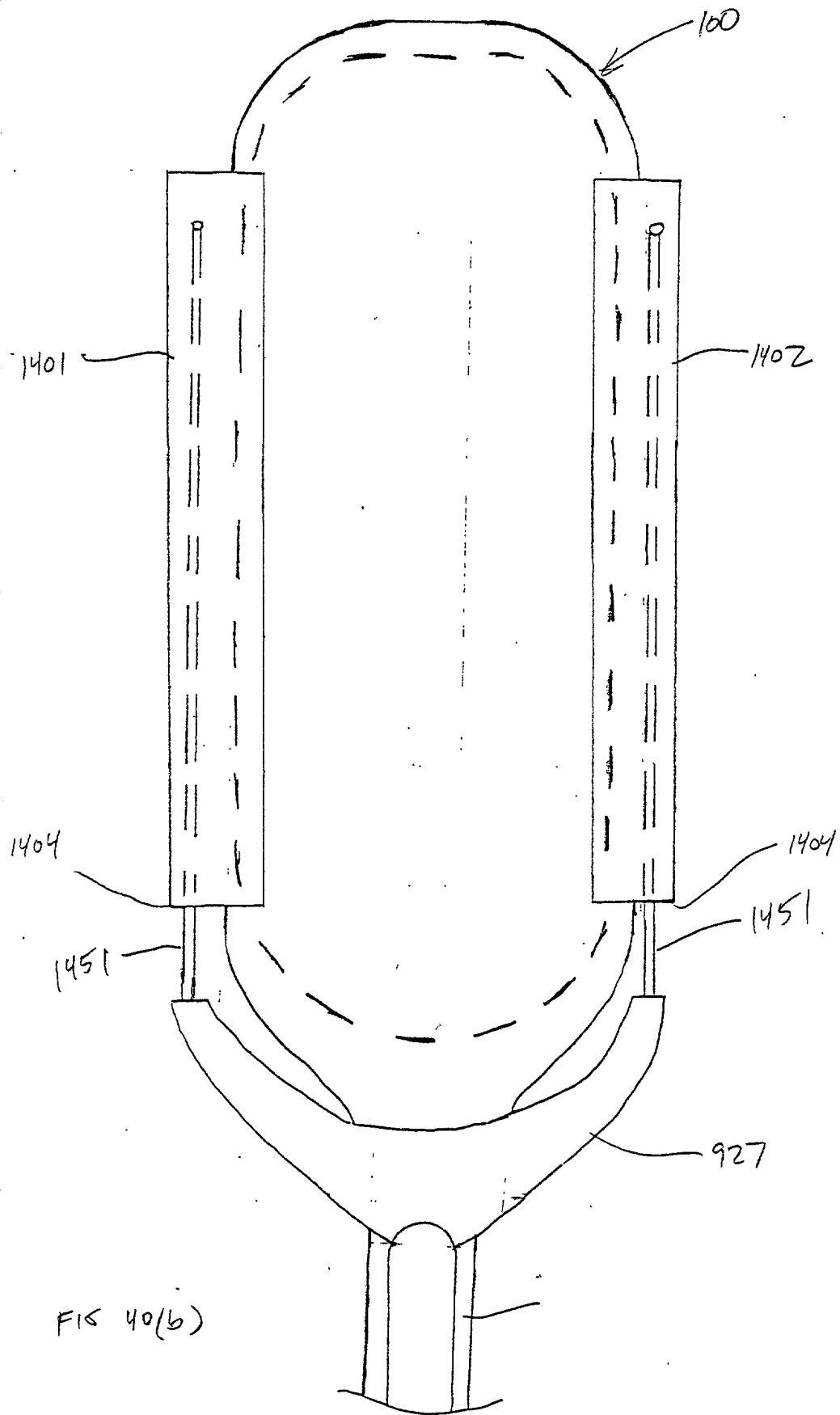


FIG 40(b)

0940337.082704  
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